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Celebrity pg 26

Washington slams Grey's for axing 'brilliant' actress

Possible 'Patrick' sought by cops in northeast assault

BEATING Calgary Police are looking for a person described as a heavy-set Asian man, believed to be named 'Patrick,' after a 22-year-old man was allegedly beaten in the northeast community of Hidden Valley and then left behind the Greyhound bus depot on Greyhound Way SW.

The attack is believed to have happened Nov. 2, and police say the victim was beaten by two men who were already known to him and involved in the drug trade.

Kyle Hambling, 23, of Calgary has been arrested and charged in relation to the incident, though city cops are still on the hunt for a second suspect.

METRO CALGARY

World pg 9

Congolese refugee kids vulnerable

Automotive pg 16

DBS: Bond's newest ride

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ROBIN KUNISKI / METRO CALGARY

Rohan Croisdale, 4, lays a poppy on a war memorial at the Military Museums during Remembrance Day ceremonies. Thousands gathered to honour fallen Canadians in several events around the city.

Calgary remembers

NEIL MACKINNON
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A young poet's words stirred some among the crowd to tears on an already somber day as Calgarians congregated to remember those who died for their freedom.

In front of at least 7,000 at the Military Museums service on Crowchild Trail in the city's southwest, Stefan Daniel, 10, read aloud his poem about looking through books about war and bowing his head at the sight of pictures of soldiers he said have blessed us all.

"When people wear the bright red poppy, above their hearts and on their chest, we must remember as Canadians, why we are truly blessed," Daniel said. "On each and every Remembrance Day, I will remember those who died for me … please remember why we are free."

It marked the 90th anniversary of the end of the First World War, a defining time in the nation's history during which 66,000 Canadians lost their lives.

It was supposed to be the war to end all wars, said Cpl. Charles Lemarre, but after nearly a century of conflict worldwide where Canadians have made major sacrifices, the nation continues to do its part.

"Canada and Canadians do their duty — we don't shirk, we don't turn away, we don't send regrets," said Lemarre.

"When our people and our government tell us to do so, we send the navy, we send the army and we send the air-force. That's because we understand — we have always understood — that some things are worth fighting for."

"I will remember those who died for me … please remember why we are free."
Poem by 10-year-old Stefan Daniel

Pain lingers for family of local soldier

NEIL MACKINNON
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It has been more than two years, but Helen Keller's tears haven't stopped flowing.

The pain may not be as sharp, but the Silver Cross mother said her heartbreak over her son's loss is constant.

"We're always thinking of our son, but today especially," said Helen Keller, the mother of Cpl. Bryce Keller, 27, killed in an ambush in Afghanistan on Aug. 3, 2006.

"You have your good days, you have your bad days, a lot of bad ones still, because we miss him so much."

Remembrance Day was always special for the family, Helen said, but it has taken on new meaning over the past two years. An enormous outpouring of support from the more than 7,000 strong in attendance yesterday at the Military Museums service aids the healing, she said.

"It's very hard, though," said Bryce's father Mel, his voice cracking. "For us, every day is like this. But today is one where it's actually brought to people's attention, that they really realize these young people have died for them and their families. It's nice to see this kind of turnout."

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Rolling coins for charity
Calgary firefighters will be among dozens of volunteers partnering with UNICEF Alberta with the collection, sorting and rolling of UNICEF donations from young Halloweeners. Last year $253,000 was collected in Calgary and $475,000 across the province. METRO CALGARY

Local

Nice two-bedroom with grenade

A woman found a hand grenade while cleaning out her northwest Calgary rental property yesterday. Paramedics at Fire Hall No. 18 took the grenade and placed it into a box for winter sand until fire crews returned from a call. Police later confirmed the hand grenade was a "live fuse, dead grenade," something that would have been used in a training exercise. No injuries were reported.

METRO CALGARY

Mag ranking 'meaningless'

KRISTA SYLVESTER
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The University of Calgary has climbed to seventh place in Maclean's annual Canadian university ranking, but many question the honour.

U of C was ranked seventh overall in the 18th eiditon of the annual report, but university provost Alan Harrison said it would be hypocritical to put much stock into the ranking after years of criticism from the school.

"It's frankly meaningless. It's like comparing apples and oranges. Our criticism doesn't change just because our ranking did," he said.

Harrison said the school often questions the merits of the rankings because there is such different criteria to be judged, and it's almost impossible to compare the different schools.

U of C business student Amanda Wilson, 20, also agrees, saying she chose the school based on her specific program.

"I just don't put much thought into those rankings. I came here because of the quality of my program. I don't care that much about those other things," she said.

Tammy Parent, 25, said she couldn't believe the school climbed from 15th in 2005 to seventh this year.

"If I could choose to finish my two years somewhere else, I would," she said.

Cupcakes **Delicious treats**

ROBIN KUNISKI/FOR METRO CALGARY

Aldene Dyck puts the finishing touch on a freshly baked batch of cupcakes at Crave Cookies and Cupcakes just in time for the holiday rush of the mouth-watering treats.

Mass murderer gets escorted leave

JAIL He was denied parole, but David Shearing will still get a few breaths of fresh air.

Shearing, who was convicted of killing six members of a family, including two young girls, in Wells Grey Provincial Park in B.C. in 1982, will get a four-hour escorted leave today, Corrections Canada authorities said.

They wouldn't divulge how many guards will escort the mass murderer on his jaunt away from Bowden Institution near Red Deer, exactly where he's going, or why.

Shearing was denied parole last month after the board said he hadn't expressed remorse for the crimes. METRO CALGARY

Cops seek suspect in bizarre sex assault and carjacking incident

ATTACK City police are looking for a sex assault suspect who forced his way into a car with his victim and sexually assaulted her while joyriding around the city.

The bizarre incident began Monday around 3:30 p.m., when a man entered a northeast business in the 2200 block of 68 Street NE and flashed a gun, demanding a female employee leave with him. He then carjacked a senior's car before fleeing with both victims, according to Staff Sgt. Curtis Olson of the sex crimes unit.

Police say the car stopped at various locations and the woman was sexually assaulted while the male victim remained in the car. Both victims were dropped off around 7:30 p.m., according to police.

Olson said the suspect is described as a dark-skinned and well-built male standing between 6' and 6'4" tall, bald with dark hair on the sides, and a scar on top of his head.

KRISTA SYLVESTER/METRO CALGARY

metronews.ca
WHAT'S ONLINE TODAY

Watch families of slain soldiers join an emotional ceremony in Kandahar at metronews.ca/canada
Check movie showtimes, trailers and reviews at metronews.ca/movies

Calgarian joins first national gaming team

Calgarian Aleksandar Djukanovic is the newest member of Canada's first-ever professional gaming team — the Amp Energy Pro Team. Djukanovic was selected during a national gaming tour that stopped in Calgary in July. METRO CALGARY

23.3% proposed tax raise reignites watchdog debate

CHAMBER Proposed property tax hikes of around 23.3 per cent has renewed Calgary Chamber of Commerce's call for an independent provincial budgetary watchdog.

Ben Brunnen, the Chamber's manager of policy research, said their members have consistently raised concerns over transparency and a need to ensure value for money audits.

He said the city's own auditing process is biased because they appoint their own auditor, who answers directly to and is paid by council.

"There's no higher level of oversight," said Brunnen.

"We'd like to seek greater assurance that our tax dollars are being properly spent."

"We'd like to seek greater assurance that our tax dollars are being properly spent."
Ben Brunnen

Ald. Brian Pincott, who sits on the city's audit committee, said the process is far from perfect, but the Chamber's call for an external auditor begs more questions than it answers.

"It seems like such a simplistic answer and I'm not sure what kind of transparency they're looking for or what exactly we'd accomplish by doing it," he said.

NEIL MACKINNON/METRO CALGARY

News in brief

ROBBERY City cops are looking for a bank robber after someone entered a CIBC in the 3000 block of 17th Avenue SE around 11:30 a.m. on Monday, demanded money from the teller and fled with an undisclosed amount. METRO CALGARY

ROBIN KUNISKI/FOR METRO CALGARY

Barbie Anderson, owner of Barbie's Shop, shows off some of the sexy stuff to be found at the Taboo Naughty but Nice Sex Show coming this weekend to the Roundup Centre.

Show brings sexy back

KRISTA SYLVESTER
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Darryl Rosengreen believes sex is becoming increasingly mainstream — but he says there is still a lot that's taboo at the eighth annual Taboo Naughty but Nice Sex Show this weekend.

Rosengreen, the show's manager, added that just because sex is becoming less shocking to the public, it doesn't mean it's not fun.

"This show is growing more and more each year, and each year it keeps getting sexier, too. It's a little less taboo but a lot of sexy."

The fun and educational show features vendors, entertainment and seminars for an expected 20,000 visitors, he said.

"It's just a fun time, you walk around with your drinks and have some giggles," he said.

Christine Henderson, a sex show newbie, said she is excited to attend. "I heard a lot of good things about it from friends. I'm pretty excited for the entertainment, and just looking at what's out there."

The show runs from Friday to Sunday at the Calgary Round-Up Centre.

Cops warn of holiday season debit skimming

CRIME After finding more debit card skimming in rural Calgary areas, the RCMP are advising retailers and customers to be cautious.

RCMP spokesperson Sgt. Patrick Webb said the Airdrie and Red Deer businesses were most likely targeted by the same group responsible for earlier attacks on Calgary retailers.

The same debit card skimming technique was detected in Calgary in September. The technique can result in an average of $100,000 in financial losses per PIN pad, and that number could be even higher over the Christmas shopping season.

"Because there is more activity there could be a potential for more data lost over Christmas," he said.

But Webb said there are ways shoppers can protect themselves.

"I urge people to change their PINs before they go out shopping, because then any data collected by the suspects would be useless."

KRISTA SYLVESTER/METRO CALGARY

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Toronto school in lockdown after stabbing

C.W. Jefferys Collegiate Institute, a Toronto high school which suffered a fatal 2007 shooting, was in lockdown again yesterday after a 16-year-old boy was stabbed. METRO NEWS SERVICES

Canada

Breastfeeding fight erupts in Toronto

A breastfeeding brouhaha has broken out at a Toronto swimming facility.

At one end of the Swim School pool is Cinira Longuinho, who wants Ontario's Human Rights Commission to investigate why she was asked to leave the water Oct. 24 while breastfeeding her 20-month-old daughter Camilla on the pool steps.

At the other end of the pool — and drowning in a sea of blogs, emails and protests — is the pregnant pool owner Ellie Karkout has said that she has no objection to breast feeding, just not in the pool.

The Ontario Human Rights Commission says breastfeeding women can't be prohibited from feeding their babies in public, or ordered to move to areas considered more "discreet." But the Ministry of Health sets rules that ban food and drink around pools. A Ministry of Health official who is aware of this incident couldn't be reached for comment.

TORSTAR NEWS SERVICE

hiring protection

- Longuinho showed up to the pool with 20 other protestors but were met by four security guards.
- Karkouti, bombarded by angry emails and phone calls, paid out over $400 for protection from potential 'lactivists'

Halifax **New age veterans**

RYAN TAPLIN/METRO HALIFAX

Members of the Canadian UN/NATO Veterans Military Group attend the Remembrance Day ceremony at the Grand Parade in Halifax yesterday. The group, who says it doesn't fit in with the Legion crowd, was formed to represent younger veterans who wanted a way to network. The group, started a year ago by a Quebec man and now boasting over 300 members, says that while they wear biker style jackets, that riding a motorcycle is not a requirement of joining the club.

25,000 Oxycontin tabs seized

NOVA SCOTIA Police in the Cape Breton Regional Municipality have seized 25,000 OxyContin tablets and arrested two men in what they called one of the largest busts in Canada for the powerful prescription painkiller.

"In terms of street level seizures in this country, this would certainly rank up there."
Myles Burke

The street value of the drugs, which were seized Friday evening and displayed at a press conference at Cape Breton Regional Police headquarters Monday, was estimated at about $700,000.

"In terms of street level seizures in this country, this would certainly rank up there as probably one of the most significant," said Acting Chief Myles Burke.

METRO CANADA

News in brief

POLYGRAPH Halifax Mayor Peter Kelly says the city is reviewing its use of the polygraph in police and fire department hires, after finding out candidates are asked intrusive questions about their sexual practices. Questions ranged from whether the would-be hire has ever downloaded illegal software to whether they've committed incest, or had sex with animals. They're also asked if they've ever hired a prostitute, helped someone hide from the law, or plagiarized someone else's work.

METRO CANADA

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Taxi driver charged with assault
A Surrey, B.C., taxi driver is facing a charge of assault with a weapon after a teen, who allegedly fled the cab without paying his fare, was struck by the taxi. The 61-year-old driver is scheduled to appear in court on Nov. 21. METRO CANADA

News in brief

CANCER Alberta's New Democrats have renewed calls for the province to act quickly in testing people in an aboriginal community for toxins. Leaders in the community of Fort Chipewyan, 280 km north of Fort McMurray — and downstream of its oilsands projects — say a study by the Alberta Cancer Board into cancer rates in the area isn't going to be as comprehensive as promised. Leaders say they are rejecting the report, even though it has yet to be released.

LIBERALS Toronto MP Martha Hall Findlay, one of the stars of the last Liberal leadership contest, announced yesterday that she won't be running to replace Liberal Leader Stéphane Dion, a decision that makes it increasingly unlikely that a woman candidate will be on the ballot when Liberals pick their new leader next May in Vancouver.

HATE CRIME A lesbian couple in Oshawa, Ont., who were allegedly assaulted by a man because of their sexual orientation want the assault charges against him upgraded to a hate crime, CBC News Online reports. Oshawa resident Mark Scott, 43, is facing two counts of assault causing bodily harm.

METRO NEWS SERVICES

Honouring veterans

Special service for Chinese-Canadian soldiers held in Vancouver

KRISTEN THOMPSON
Metro Canada

For some spectators, the Remembrance Day ceremony in Vancouver's Chinatown yesterday was more than a chance to pay respect to the nation's soldiers — it was a history lesson.

Amanda Lam, 16, who attended the ceremony with her brother, said she didn't realize Chinese-Canadians fought in the Second World War.

"It makes me feel good to know (they) participated," she said, adding that the event will let more people know the role her ancestors played.

"It makes me proud," she said.

Around 100 people gathered at Chinatown Square to recognize all Canadian soldiers, but more specifically Chinese-Canadian and First Nation veterans.

Vic Nordquist, 75, who served in the Canadian Air-

RAFE ARNOTT/METRO CANADA

Chinese-Canadian veterans stand at attention during the playing of a Scottish lament during yesterday's Remembrance Day ceremony in Vancouver's Chinatown.

force, took part in the ceremonies at Victory Square and Chinatown Square.

"It's important that people, (especially) young people, recognize what these veterans did during the Second World War," he said.

"They played a very significant role in that war and in British Columbia itself. (Many) things (young people) have today are due to those veterans."

Tung Chan, CEO of immigrant services organization SUCCESS, said Chinese-Canadian veterans and pioneers fought for the values and freedoms Canadians pride themselves on today.

"Those pioneers and soldiers who dedicated their lives to serve the ideals of Canadian society and those who are serving us now, we offer our respect and sincere gratitude," he said.

Incubation benefits shock researchers

HEALTH Maternity ward incubators may be warming up a baby's later outlook on life as well as its tiny body, a University of Montreal study says.

In findings that shocked researchers, the study of 1,212 children followed through to adulthood found that babies needing incubator time as newborns are two to three times less likely to be depressed when they grow up.

The study, published this week in the journal Psychiatry Research, looked at a larger study of Quebec kindergarten children launched in 1986 that took data on their birth circumstances.

It found that infants who needed an incubator stint were far less likely to suffer clinical depression when assessed at 15 and 21 years of age. Some 16.5 per cent of subjects had been placed in incubators as babies. Only five per cent of these infants later developed depression, compared to nine per cent of those who hadn't needed the devices.

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Ski club files for bankruptcy
Exclusive ski and golf community Yellowstone Club, in Montana, has filed for bankruptcy protection, a sign that the financial crisis roiling the real estate and leisure industries is not limited to the low end of the market. **REUTERS**

World

Victoria's Secret being sued

The secret is out for one of the world's most recognizable lingerie brands, according to a potential class action lawsuit in which consumers claim they've experienced very uncomfortable symptoms, like rashes, hives and permanent scarring from Victoria's Secret bras, ABC News reported. "I had the welts ... very red, hot to the touch, extremely inflamed, blistery. It itched profusely," said Roberta Ritter, who describes herself as a longtime Victoria's Secret shopper. **METRO NEWS SERVICES**

Obama bolsters web presence

INTERNET Barack Obama had a brigade of web denizens backing his election, from comedy star Obama Girl to throngs of young voters, and now they are clamoring for the Internet to play a big role in his presidency.

Early in his transition to the White House, the Democratic president-elect seems to be complying, and his actions could signal a change in the way U.S. citizens expect their political leaders to communicate with them in the future, experts said.

Obama, who has become the first president-elect with a MySpace page, has bolstered his online presence since last week's election by creating a site called change.gov. **REUTERS**

Congo violence hurts kids

Displaced children vulnerable to disease, exploitation: UNICEF

Packed into squalid refugee camps or roaming in the bush, hundreds of thousands of Congolese children face hunger, disease, sexual abuse or recruitment by marauding armed factions, aid workers said yesterday.

Weeks of violence have forced more than 250,000 people from homes or ramshackle camps where they had taken shelter, bringing to over 1 million the number of internal refugees from years of fighting in Democratic Republic of Congo's North Kivu province.

Most are children.

"North Kivu is quite possibly the worst place to be a child. There is no question that children have been the most severely affected by the recent conflict," said George Graham, spokesman for Save the Children in the provincial capital, Goma.

FINBARR O'REILLY/REUTERS

A girl displaced by fighting stands in a refugee camp at Kibati in eastern Congo yesterday.

Fighting between Tutsi rebels and pro-government troops and militia fighters has subsided into sporadic clashes in recent days as African leaders staged summits and leant on both sides to avert a repeat of Congo's devastating 1998-2003 regional war.

"When children flee fighting they become more vulnerable to contracting diseases, to becoming malnourished, and vulnerable to predators like sexual abuse, exploitation, violence and recruitment into armed groups," U.N. Children's Fund (UNICEF) spokesman Jaya Murthy told Reuters in Goma.

Sixty per cent of the 1.1 million displaced are children, he said. "We estimate that there's around 2,000 to 3,000 children in armed groups and recruitment is going on right now."

"This has been a silent emergency for children for the last five years, only now it is re-exploding — again." **REUTERS**

4,000-year-old pyramid found

DISCOVERY Egyptian archaeologists have discovered a pyramid buried in the desert and thought to belong to the mother of a pharaoh who ruled more than 4,000 years ago, Egypt's antiquities chief said yesterday.

The pyramid, found about two months ago in the sand south of Cairo, probably housed the remains of Queen Sesheshet, the mother of King Teti, who ruled from 2323 to 2291 BC, Zahi Hawass said. **REUTERS**

News in brief

MAFIA Italian shopkeepers pay about 250 million euros a day to Mafia protection rackets and loan sharks and fear the current downturn could allow the mob to further tighten its stranglehold on the vulnerable economy. **REUTERS**

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Lowering doctor burnout
A slight cut in hours goes a long way toward reducing burnout among overworked doctors, Norwegian researchers reported today. REUTERS

Gender parity lagging: Report

Women still lag far behind men in top political and decision-making roles, a waste of talent given that their access to education and healthcare is nearly equal, the World Economic Forum said today.

In its 2008 Global Gender Gap report, the think tank ranked Norway, Finland and Sweden as the countries with the greatest equality between the sexes, while Saudi Arabia, Chad and Yemen were the least equal.

Averaging 130 national scores, the report found that girls and women have reached near-parity with their male peers in educational attainment, health and survival, in both rich and poor countries.

But economically, in terms of workforce participation and earning opportunities, and politically, in terms of empowerment, the gap between the sexes remains large.

"The world's women are nearly as educated and as healthy as men, but are nowhere to be found in terms of decision-making," said Saadia Zahidi of the World Economic Forum, a Swiss-based think tank best known for its Davos summit held in January.

"Given that women have almost closed the gap with men on health and education, it is a waste of their talents if they are not catching up in economics and politics," she said.

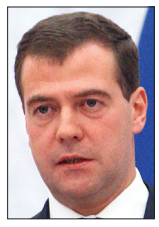
REUTERS

Canada falling behind

- Canada fell 13 places from last year to 31st, below the United States, who ranked 27th. It's the first time the U.S. has been ranked higher than Canada since the gender gap report was launched three years ago.

Medvedev seeks longer term limit

LEGAL Russian President Dmitry Medvedev asked lawmakers yesterday to approve a draft law extending the presidential term of office, a change some observers say is part of a plan to bring Vladimir Putin back to the Kremlin.


Medvedev

Medvedev proposed extending the term from four to six years in a speech last week and has now submitted a draft law on the change to parliament, the Kremlin said.

Putin is ranked in opinion polls as Russia's most popular politician and Kremlin-watchers say he, not his successor, takes many of the crucial decisions. REUTERS

News in brief

BABYLON A new exhibition about the myths and reality of the ancient city of Babylon ends with a display blaming the U.S. military for causing irreversible damage to the site after it invaded Iraq in 2003. John Curtis, keeper of the Middle East collections at London's British Museum, has been a vocal critic of the decision to build a coalition camp on the archeological site near Baghdad. REUTERS

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New hope for developing countries
Solar energy, ecotourism and fish farms can create new jobs in arid regions of developing nations, a U.N. report said. REUTERS

Europeans prepare for frugal Christmas season

Europeans will limit spending on Christmas as they brace for a tough 2009, though shoppers in eastern countries are more optimistic than those in the west, surveys by business consultancy Deloitte showed on Wednesday.

Some 40 percent of Europeans plan to limit their end-of-year spending on gifts, while half of them will budget their festive shopping this year, up from a third in 2007, Deloitte said.

Some 60 percent of those surveyed also anticipate lower purchasing power next year.

"2008 can be expected to mark a significant change in end-of-year spending in Europe," Deloitte said in a statement.

"Retailers can expect lower sales levels than in recent years."

Shoppers across Europe are cutting back following big rises in food and fuel costs and after a turmoil in financial markets sparked fears of a global recession.

In Britain Deloitte said shoppers planned to spend an average of 655 pounds ($1,018) on gifts, socialising and food and drink this Christmas, down 7 percent on last year and the first fall for at least a decade.

"Come February onwards, consumers will close their wallets and purses..."
Tarlok Teji

But the results were heavily affected by 24 percent of respondents, mostly middle-aged homeowners facing the biggest worries about rising bills and falling house prices, who said they would cut back.

Some 57 percent of UK consumers said they planned to spend the same this Christmas as last year, while 19 percent said they would spend more.

But Tarlok Teji, head of retail at Deloitte, said conditions were likely to get tougher for UK retailers in early 2009. "Come February onwards, consumers will close their wallets and purses and retailers cash flows will start to suffer," he said.

REUTERS

Forget diamonds, one watchmaker uses moon dust

CONSUMERS One Swiss watchmaker is betting on watches made from moon dust, parts of the Apollo 11 space shuttle and bits of spacesuits.

Romain Jerome says the idea is to capture consumer cash as an economic slow down bites. REUTERS

1,969 The number of watches made with moon dust, and the year of the moon landing. REUTERS

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Honduras..... 15.9 ¢ Chile..... 2.9 ¢
Panama from..... 3.9 ¢ Colombia from..... 3.9 ¢
Uruguay... .....7.9 ¢ Dominican Rep..6.9 ¢
Venezuela.....2.9 ¢ Mexico. from.....2.9 ¢

Middle East

JORDAN	LEBANON
4.9 ¢/min	9.9 ¢/min

Bahrain.....5.9 ¢ Kuwait.....6.9 ¢
Egypt.....14.9 ¢ Oman.....17.9 ¢
Iran. from.....3.9 ¢ SaudiArabia from.3.9 ¢
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Comment & Views

Comment

Addressing an elephant

Various failures at national reconciliation have left us comatose

TheWestView

Paul Sullivan
Journalist & media consultant

A lot of ink has been spilt on the failure of the recent Canadian election to match the sizzle of the U.S. presidential race.

The consensus seems to be that the U.S. election was historic; the Canadian election was, at best, histrionic. And if you watched the candidates all screeching at each other in that ridiculous travesty of a televised debate, you'd have a hard time disagreeing.

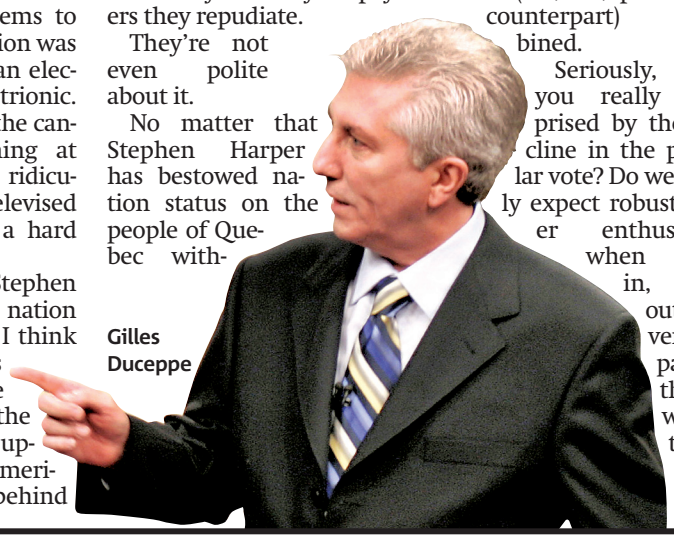
But as I watch Stephen Harper govern the nation virtually by default, I think it's time to address the elephant in the room. Simply put, the U.S. election was so uplifting because the American people united behind Barack Obama, if only for a brief, shining moment.

Here in Canada, the Bloc Québécois increased its number of seats to 49 from 48.

I mean, really, what kind of country allows a separatist party to hold the balance of power? In other countries, separatists meet at night in clandestine locations, identifying each other by the secret handshake. Here, they put up lawn signs and get fat pensions funded by the very taxpayers they repudiate.

They're not even polite about it.

No matter that Stephen Harper has bestowed nation status on the people of Quebec without any of the attendant responsibility — I can only assume chief Blochead Gilles Duceppe will continue his truculent demands long after the only establishments flying the Canadian flag in Quebec are the hotels.



Gilles Duceppe

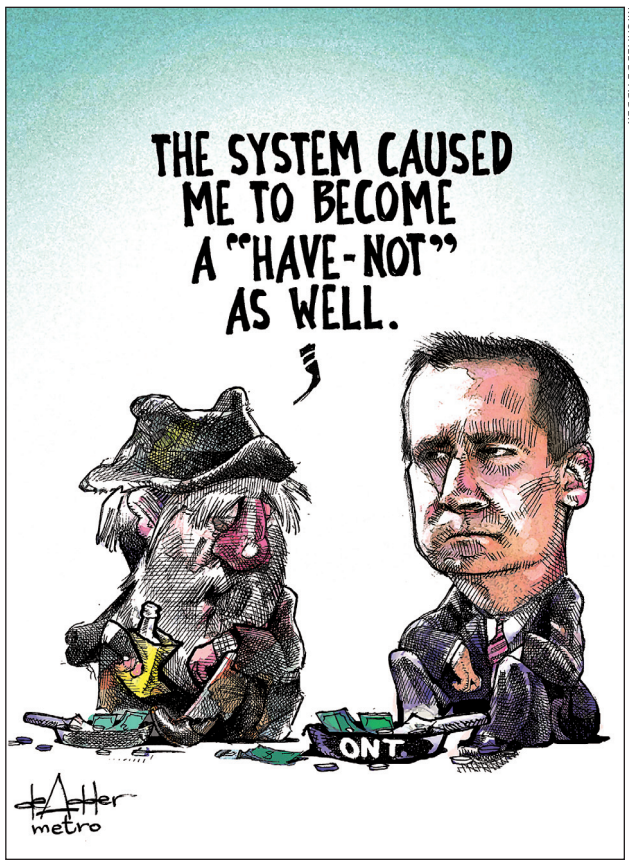
Don't get me wrong. I'm not opposed to Quebec sovereignty if that is the will of the people. But in my darker moments, I suspect I'm more willing to see Quebec fly on its own than Gilles Duceppe and Pauline Marois (his, uh, provincial counterpart) combined.

Seriously, are you really surprised by the decline in the popular vote? Do we really expect robust voter enthusiasm when year in, year out, the very party that wants to break the country in half controls the balance of power? How can we move forward as a nation when the representatives of a huge part of the nation are determined to go the other way?

My apologies for bringing up the old bugaboo of national unity. But our various failures at national reconciliation have made us comatose, which appears to be the ideal condition for the permanent infestation of Parliament by the Bloc Québécois, a daily reminder that any enthusiasm we have for Canada is misplaced, jejune, just plain wrong.

I yearn for a Barack Obama who can bring us all together. But failing that, at the very least, I hope that the prime minister of Canada will finally begin to stand up to the presence — in his own Parliament — that thrives on keeping us apart.

Paul Sullivan is a Vancouver-based journalist, owner of Sullivan Media consulting, and editor-in-chief of Orato.com, the citizen news website.



MICHAEL DE ADDER

Word on the street: In tough economic times, what's the one luxury you can't give up?

Victor Luzia
age 24, Edmonton

A: I can't let go of my computer. There are a lot of people that I talk to and keep in contact with online, like people from high school.

Kayla McCarthy
age 20, Edmonton

A: I think giving up my car would be a hard thing to do. I am so used to driving.

Russell Rollinson
age 22, Calgary

A: Alcohol. It's the one thing that lets you forget about the economic crunch.

Carolyn Bennett
age 28, Toronto

A: (Liquor). It's a sad answer but it's true. Because wine helps you relax, particularly in tough economic times and helps you unwind.

Lisa Per
age 36, Vancouver

A: Fresh organic food. I would keep spending my money on fresh food and vegetables. Choosing a healthier option, even if it's more expensive, it's worth it.

metro life panel

Metro Life Panel

Results from the Canadian Metro Life Panel:

Daily cup of coffee: 19%
Dining out: 12.4%
Driving: 30.2%
Entertainment (movies, going out): 16.5%
Other: 10.9%
None of the above: 11.1%

Letters

André Hamel, CALGARY

Re: No quick fix for violence (Nov. 3)

I do agree there isn't an easy quick fix for the recent violence issues in this country. We need to make prevention a higher priority.

A case in point is the (ineffective) gun registry that was supposed to make Canadian streets safer, but as Christine Williams points out, criminals normally ignore laws and regulations, making them ineffective in prevention.

Canada already had plenty of laws and regulations to make firearm ownership, storage and transport safe. Besides, all the laws in the world are useless without enforcement.

We need to make crime less profitable, offer more acceptable alternatives and encourage education as a solution.

Harry S. Anchan, CALGARY

After reading McIver seeks mail-in, Internet vote (Nov. 3), why not set up an Internet poll so taxpayers can vote on the ludicrous property tax hike proposed by a misguided, high-flying mayor and some useless councillors, whom you all voted for en masse?

John Cartwright, TORONTO

Re: The answer is blowin' in the wind (Nov. 10)

Drs. Suzuki and Faisal are right on the money. The main reason Canadians have not yet done anything significant to stop climate change is political will.

Governments are supposed to represent the will of us — the people who get to elect them — in the way we choose to organize ourselves as a society.

Stopping climate change is the crisis of our time and we have a choice. We have to start now to do the work that should have begun 10 years ago — demanding that governments stop subsidizing polluting energy and instead invest in renewable energy infrastructure.

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Is the Florida honeymoon over?
A dramatic drop in the loonie has U.S. realtors worried Canadian buyers will be staying home for the winter. Canadians were the top foreign purchasers between May 2007 and May 2008, accounting for 23.6 per cent of all purchases. **TORSTAR NEWS SERVICE**

Business

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Business in brief

AUTOS General Motors' shares fell to a 65-year low of $2.92 US yesterday on concerns the company might run out of cash by early next year. Shares of other automakers and parts suppliers fell too. JPMorgan analysts said yesterday the company's survival will require government help.

AIRLINE ACE Aviation Holdings Inc, the parent company of Air Canada, said yesterday it is still looking for ways to wind itself down, but that it is unlikely to do so by making a cash offer for the public minority stake in Canada's No. 1 airline.

REUTERS

Bankruptcies poised to rise

There will be a steady upward march in personal and business bankruptcy filings in Canada as overspending and falling home prices catch up with individuals and as a slowing economy hurts businesses, experts in the field say.

"We're definitely seeing an increase (in calls), I think that people are caught, they've been living on credit," said Linda Stern, vice-president of personal restructuring services at Deloitte & Touche Inc. in Toronto.

Stern estimates her office is working on 30 per cent more filings — actual bankruptcies or proposals to pay off a portion of debt — than this time last year.

Her colleague, Rebecca McKinley, a trustee at Deloitte in Windsor, Ont., said her office is dealing with about 17 per cent more bankruptcies than last year.

"In the past year, I have seen more and more instances of people who cannot afford their mortgages," while their house values also dropped, McKinley said. **REUTERS**

By the numbers

In Canada, total bankruptcies in September jumped 28.4 per cent from the same month a year earlier. Individual bankruptcies were up nearly 30 per cent nationwide, and businesses also posted a nine per cent increase.

Italy **Airline staff strike**

REUTERS/MAX ROSSI

Passengers walk with their luggage in front an advertisement banner reading Fiumicino flights at the Fiumicino International airport in Rome yesterday. Dozens of Alitalia flights were cancelled for a second day yesterday after staff protested against a takeover by a business consortium.

Google adds video chat to its roster

ONLINE Google Inc. added a voice and video chat feature to its Gmail email service yesterday, launching a free Web-based service that competes with the likes of eBay's Skype.

Gmail and Google App subscribers can now choose to speak with friends on a video screen and simultaneously instant message them in a Google Chat box.

REUTERS

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St. Pierre to fight The Prodigy
Canadian Georges St. Pierre will defend his UFC welterweight championship against lightweight champion B.J. (The Prodigy) Penn at UFC 94 on Jan. 31 in Las Vegas, the UFC confirmed yesterday. METRO NEWS SERVICES

Sports

Lincecum takes NL Cy Young

The San Francisco Giants' Tim Lincecum won the National League Cy Young Award by a comfortable margin yesterday, taking home pitching's highest honour in only his second major league season. The 24-year-old right-hander was 18-5 with a 2.62 ERA and a major league-best 265 strikeouts in 2008.

METRO NEWS SERVICES

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Flames hang on

NHL RESULT

Leafs 3 **Flames** 4

TORONTO MAPLE LEAFS VS CALGARY FLAMES

THE SKINNY: Playing on Calgary's top line with Jarome Iginla and Curtis Glencross, Dustin Boyd scored twice to help the Flames improve to 9-7-1 and end a two-game losing skid.

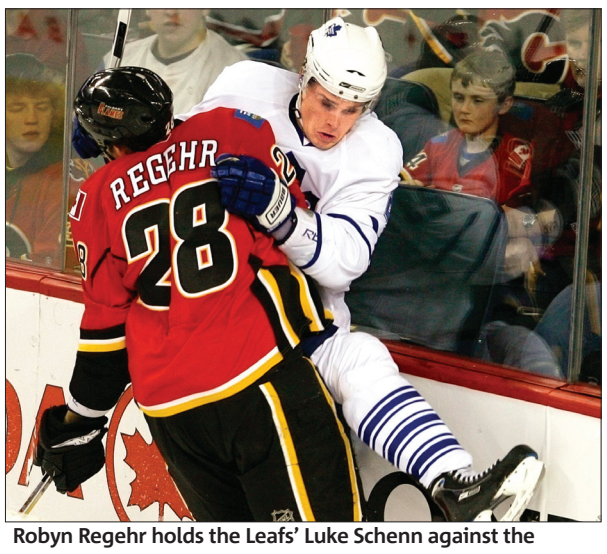
THE KEY GOAL: With 27.7 seconds left in the middle frame, Iginla fed a cross-ice pass to a pinching Dion Phaneuf, who blasted a slap shot that deflected off Toronto defenceman Tomas Kaberle on its way into the net to give the Flames a 3-1 lead. Phaneuf also had a pair of assists in the contest.

PARDY TIME: In his third game this season for the Flames, rookie defenceman Adam Pardy celebrated his first-ever NHL victory. Pardy drew into the lineup for Jim Vandermeer, who's out of action for six to eight weeks with a broken ankle.

THE BACK BREAKER: After Boyd gave the Flames new life by narrowing the deficit to two goals, Toews and Versteeg scored 28 seconds apart early in the third to seal the victory for the Hawks.

BATTLE OF THE FINNS: Miikka Kiprusoff stopped 29 of 32 shots he faced to outbattle his Finnish counterpart Vesa Toskala, who made 28 saves in the Toronto net.

THE BUZZ: With Toronto in town for their first visit since Jan. 6, 2006, the Sea of Red was diluted by a large number fans wearing blue out to support their beloved Leafs, who battled back from a 4-1 deficit to within a goal.



REUTERS/TODD KOROL

Robyn Regehr holds the Leafs' Luke Schenn against the boards during the second period last night.

THE NEXT GAME: The Flames head to San Jose to play the Sharks on Thursday (8:30 p.m., Flames Pay-Per-View, Fan 960).

LAURENCE HEINEN, FOR METRO CALGARY

Hargreaves done for season

SOCCER Manchester United and England midfielder Owen Hargreaves has been ruled out for the rest of the season because of a knee injury, the Premier League champions said yesterday.

Hargreaves

The Calgary-born Hargreaves underwent successful surgery on his right knee and will have surgery on his left knee in two weeks' time after being troubled by tendinitis since arriving at Old Trafford in July 2007.

The 27-year-old former Bayern Munich player has started just two matches this season. He began less than half of last term's games but did play in United's Champions League final win over Chelsea.

REUTERS

Staal has third period hat trick

NHL Jordan Staal had a hat trick in the third period and set up Ruslan Fedotenko's winning goal with 1:11 in overtime last night, lifting Pittsburgh to a 7-6 comeback win over Detroit in a Stanley Cup Finals rematch.

METRO NEWS SERVICES

SCOREBOARD

NHL

LAST NIGHT'S RESULTS

CALGARY 4 Toronto 3
Montreal 4 Ottawa 0
Philadelphia 3 N.Y. Islanders 1
Pittsburgh 7 Detroit 6 (OT)
Dallas at Los Angeles
Nashville at San Jose

Mike Benevides shovelling off to Toronto?

YorkReport

Marty York

marty.york@metronews.ca

A defensive co-ordinator who literally carries a shovel with him at team meetings in B.C. is a top candidate to become the new head coach of the Toronto Argonauts.

In fact, sources tell Metro that, if Michael (Pinball) Clemons rejects ownership's wish for him to leave the Argos' presidential office and return as head coach, Lions defensive co-ordinator Mike Benevides would be the club's leading choice. Benevides has served as an assistant coach in the CFL for the past nine seasons. This is his first season as the Lions' defensive co-ordinator and his unit has excelled, boasting seven divisional all-stars. The defence suffocated its opponents while upsetting the Roughriders at last Saturday's Western semi-final, and Saskatchewan quarterback Michael Bishop wound up being cut this week.

Should the Lions upset the Calgary Stampeders in the Western final this Saturday — B.C. is a six-point underdog — Benevides would become an even hotter commodity. The Stamps, after all, feature an explosive offence, including the CFL's most productive running back (Joffrey Reynolds) and most productive receiver (Ken-Yon Rambo).

Benevides is a Toronto native, incidentally. He studied business at York University, as did Argos co-owner David Cynamon. Benvides also is a workaholic, as he told interviewer Christie Buono (yes, the daughter of Lions head coach Wally Buono) at B.C.Lions.comTV. He said he arrives at the Lions' headquarters daily at 3 a.m. and works till about 7 p.m.

Oh, and about the shovel. Sources say he keeps it handy to remind his players they need to keep digging. Call it a motivational tool, I guess.

• You were warned in this space Oct. 22 about the possibility of an all-Alberta Grey Cup in Montreal Nov. 23.

Well, Calgary and Edmonton need only to win their Saturday games from making this highly unlikely matchup a reality, although the Eskimos are six-point underdogs against the Alouettes for the Eastern final in Montreal.

"Pick your poison – lethal injection, firing squad or electrocution. You're dead either way."
Cameron Wake

And when the Esks last visited the Als, on Sept. 21, they were annihilated 40-4. And, oh yes, the Esks allowed six sacks.

Edmonton head coach Danny Maciocia is denying the Sept. 21 game took place. Call it a motivational tool, I guess.

• The Stamps swept B.C. in three games this season, averaging 35 points and 445 yards.

That, however, isn't preventing Lions sackmaster Cameron Wake from predicting a B.C. upset on Saturday.

"We don't think nobody can stop us, that's how we feel," Wake said. "It doesn't matter what you do and what scheme it is. Pick your poison — lethal injection, firing squad or electrocution. You're dead either way."

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Automotive

A METRO JOINT VENTURE WITH: carguide magazine.com

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

Licensed to thrill

Let it rip with Bond's new Aston Martin

EMMA E. FORREST
Metro World News

Unfortunately there are no rocket launchers in the new James Bond car. The Aston Martin DBS that Bond drives in Quantum of Solace, (in Quantum Silver of course), doesn't even have a defibrillator hidden in the glove-box like the last model.

In fact, the nearest thing to a Bond gadget are the B&O speakers that emerge from the dash when you start the ignition. Even the Jaeger-LeCoultre watch that remotely turns on the lights and unlocks the car is available to all real-world DBS owners.

Still, you can live without an ejector seat when the car's this fabulous. Several stunt Astons were trashed during the chase sequences for Quantum, but this DBS is one of just three 'hero' cars that were kept intact.

To fire it up, you need to engage what Aston calls the 'emotion control unit.' Sounds pretentious but that's what you're doing — plug this stainless steel and sapphire starter fob into the dash and your heart jumps as it lets rip a mighty, throaty roar.

The Aston Martin DBS
PHOTO BY MARK OBSTFELD/ METRO WORLD NEWS

To remind you of your sophisticated choice of vehicle, 'beauty power soul' appears on the speedo as the engine starts to rumble.

And while the handcrafted interior complete with piano black leather and solid aluminum is alluring, really it's the engine that's the star here.

With its menacing face and athletic rear haunches, this elegant car looks both macho and sophisticated, and the performance is the same.

A gentle nudge and James Bond's car is launching me through the country roads around Aston's factory in central England and with the close gears, I'm eagerly testing the car's cornering, which of course is immaculate. This car might look and feel heavy, but it's agile.

You can't buy this car, of course, but you can own your own DBS if you want to drive like James Bond. Just don't forget that MI6 won't be picking up your bill if you dent it.

Read more about Bond cars at metronews.ca/calgary/live/automotive

Friendly Toyota Tacoma

PHILIPPE CROWE
for Metro Canada

2008 Toyota Tacoma

Type: Truck
Price: $40,470
Engine: 4.0-litre, 24-valve DOHC V6
HP: 236

Highlights

- Practical
- Quality interior
- Great visibility

Toyota's Tacoma was given the nickname "Taco" by by colleagues shortly after arriving in our long-term fleet — a testament to how quickly Taco made friends. Like an easy-going buddy, a longtime comrade, it was always there, ready to help for any task at hand.

Our Tacoma was powered by a 4.0-litre, 24-valve, DOHC V6, with Variable Valve Timing with Intelligence (VVT-i) technology. Output sat at 236 hp at 5,200 rpm and 266 lb-ft of torque at 4,000 rpm, put to the ground through a five-speed automatic gearbox and a robust four-wheel drive system. In a traditional fashion, this 4WD setup offered the selection of 2-HI, 4-HI and 4-LOW electronically at the flick of a switch.

The Taco's V6 has the power needed to more than adequately carry out any of our staff's tasks, with the added benefit of requiring far less fuel than V8-powered competitors.

Parking this long truck was a lot easier than one might think, helped equally by the great view out the back, the Toyota's narrow design, and, mostly importantly, the wonderfully tight turning radius.

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Best eats
Zagat Survey has released the 2009 Europe's Top Restaurants guide. The guide covers 1,639 of the Continent's best eateries in 27 cities from Amsterdam to Zurich, based on the experiences of 16,829 savvy diners. METRO NEWS SERVICES

Travel

Best beaches

Dr. Stephen P. Leatherman, a.k. a. Dr. Beach named Caladesi Island State Park in Dunedin/Clearwater, Fla. as America's top beach of 2008. Hanalei Beach on Kauai, Hawaii took the No. 2 spot, and Siesta Beach in Sarasota, Fla. came in at No. 3.

METRO NEWS SERVICES

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Nassau: 3 days, 3 spas

ANNE DIMON
for Metro Canada

The familiar melody of Bob Marley's best known tune, One Love, floats through a lovingly-groomed garden setting as I arrive at the Bahamas' newest resort and spa.

Opened in June, the 16-suite, oceanfront Marley Resort & Spa was once the family's vacation home, and it was the vision of Rita Marley, the late cultural icon's wife, to turn it into an upscale boutique resort complete with fine dining and an intimate spa called Natural Mystic — a name chosen from Marley's huge repertoire of songs.

The spa is small, with three treatment rooms, a wet area, outdoor lounge, locker room and a manipedi area, but it packs a big spa experience. I especially liked the couple's treatment room, with its own double bath, rain shower and private lounge, and the outdoor wet area — called Wata (the African word for "water") Passage — offering hot and cold plunge pools and semi-private Asian bath.

The vibe here is a fusion of African, Caribbean and Asian, with pretty much everything holistic and nature-inspired — including products made with natural ingredients.

I had the Mocha Rum Wrap, and the therapist blended the ingredients — real Bahamian rum and all-natural local honey — right in front of me as I sat sipping a freshly-squeezed juice cocktail while more of Marley's feel-good music wafted through the air.

At the other end of the size scale, the luxurious Bali-inspired Mandara Spa at Atlantis offers 47 treatment areas at its two-level refuge from the mega resort's Vegas-meets-Disney environment.

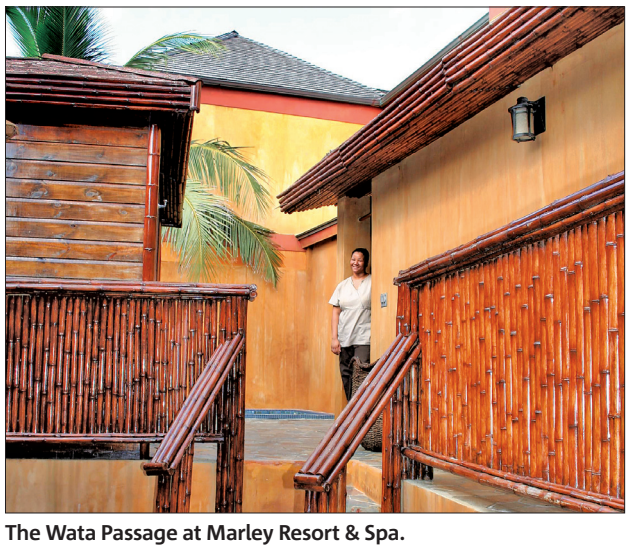
Rich dark woods, comfortable furnishing, water features and a prevailing sense of calm provide the yin to the yang of the bustling Atlantis casino.

From the spa's extensive menu of services I enjoyed the Lime and Ginger Body Scrub which turned out to be more of an impressively-administered full body treatment than a mere scrub.

For those looking for something extra special at Mandara, I'd recommend the Villa Bathing Rituals offered in a beautiful spa suite built for two, or the combination day packages with captivating names such as Cleito's Tropical Tryst and Poseidon's Awakening.

On the web

- *bahamas.com*
- Mandara Spa, *mandaraspa.com*
- Red Lane Spas, *sandals.com/redlane*
- Marley Resort & Spa, *marleyresort.com*



ANNE DIMON/FOR METRO CANADA

The Wata Passage at Marley Resort & Spa.

Somewhere in between the intimate and the grand is Red Lane Spa, the spa brand for Sandals Resorts. Shortly after settling into my butler-attended suite at the Sandals Royal Bahamian Spa Resort,

I boarded the luxury resort's ferry to Sandals Key, a private island a mere three-minute cruise from the pier.

This is where guests will find Red Spa's Zen Garden, one of three spas at this "luxury included" resort. A collection of thatched huts serve as treatment rooms and relaxation areas, and the Zen Garden hugs one end of this tiny island. Away from the pool and dining area, it's a quiet space nothing more than the sound of the Atlantic Ocean massaging the island's sandy shores.

Anne Dimon is a spa and wellness travel writer. Visit traveltowellness.com.

Holiday travel

During these uncertain economic conditions, Canadians are still planning to travel this holiday season. According to the TD First Class Travel Visa Infinite Card Survey, of Canadians with upcoming travel plans, 41 per cent say that they will travel over the holidays. METRO NEWS SERVICES

Stargazing on The Big Island

Few earthly viewing venues can top Hawaii's Mauna Kea

DAWNA L. ROBERTSON
for Metro Canada

Sure, I can spot the Big Dipper. And while I love a full moon, nothing beats the promise of wishing on a shooting star. But those iconic nighttime wonders aside, my knowledge of a darkened sky is basic at best.

DAWNA L. ROBERTSON

A sunset shot of the summit of Mauna Kea on Hawaii's Big Island.

Determined to heighten my celestial sense, I knew few earthly viewing venues could top Mauna Kea on Hawaii's Big Island. So on a romp to the remarkably diverse island, I decided to shoot for Hawaii Forest & Trail's (HF&T) stargazing tour to this renowned astronomical observing site.

On a typical warm Big Island afternoon, our group of eager star-trekkers boarded a 12-passenger van at HF&T's Kona Coast headquarters. Interpretive naturalist Greg Brown had packed parkas and provisions for the eight-hour excursion. Not accustomed to lengthy transit, I had my concerns. They faded away, however, as our adventure began to unfold.

Mauna Kea is overwhelming. To observe the "white mountain" from sea level, one can only begin to grasp its size. Weaving toward the summit, I was consumed by this massive mound.

Well versed in Hawaiiana, Brown shared both fact and folklore on the dramatic evolution of our surroundings. As we passed a pueo (native Hawaiian owl) perched in a dead mamane tree, he explained how ranching and grazing herds had transformed the area from forest into grassland.

Midway to the summit, we stopped at historic Humuula Station, an abandoned sheep outpost geared with a dining tent, tables and extremely clean porta potties.

It was cool and foggy at the Parker Ranch post — quite a contrast to coastal conditions earlier in the day. Aside from sustenance, the dinner stop also helped acclimatize us for our final ascent. With a hearty meal under our belts, we continued our star quest.

Near the 9,000-foot level, the van emerged from a

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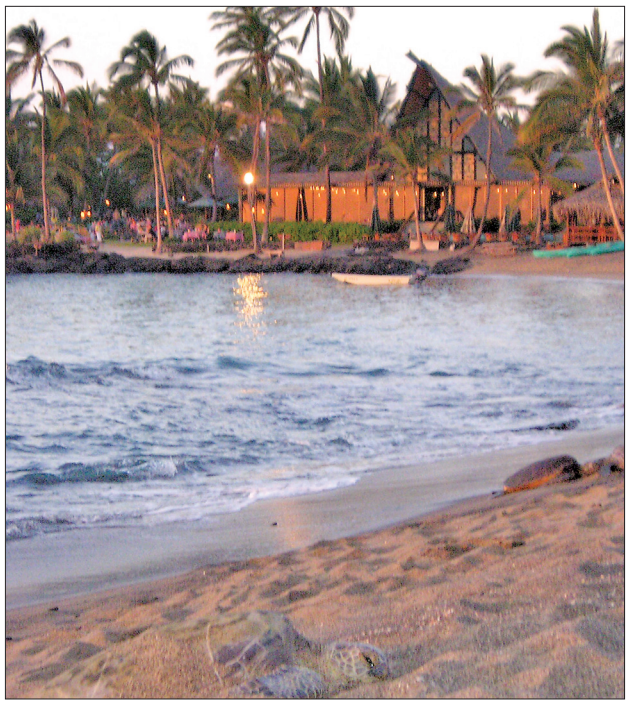
Staying flexible
The TD First Class Travel Visa Infinite Card Survey also found that the top way travellers are adjusting to economic uncertainty is to be flexible about their travel dates and destinations. METRO NEWS SERVICES



Left, a couple of the telescopes at the summit of Mauna Kea shortly before sunset. Right, an evening shot of Kona Village Resort.

Where to stay

The bulk of The Big Island's accommodations are sprinkled along the sunny Kona Coast, with a roster of five-star Kohala Coast resorts crowning the list. Known for world-class accommodations, championship golf, upscale spas and beautiful Pacific waters, these offerings run north from the Kona International Airport toward the rolling hills of Waimea. Here's a quick run-down on the island's "Gold Coast" offerings within each master-planned resort destination:

- Kaupulehu — Kona Village Resort, *konavillage.com*.
- Four Seasons Resort Hualalai, *fourseasons.com/hualalai*.
- Waikoloa Beach Resort — Hilton Waikoloa Village, *hiltonwaikoloavillage.com*.
- Waikoloa Beach Marriott Resort & Spa, *marriotthawaii.com*.
- Maui Lani Resort — Mauna Lani Bay Hotel & Bungalows, *maunalani.com*.
- The Fairmont Orchid Hawaii, *fairmont.com*.
- Mauna Kea Resort — Hapuna Beach Prince Hotel, *princeresortshawaii.com*.
- Mauna Kea Beach Hotel, *maunakeabeachhotel.com*.

DAWNA L. ROBERTSON/ FOR METRO CANADA

thick fog into a brilliant blue sky. It was as if the heavens had opened up. We progressed toward the 13,500-foot elevation past volcanic cinder cones and patches of snow.

"Mauna Kea's summit rises above 40 per cent of the Earth's atmosphere," Brown explained. "Plus it's far from city lights. Up here, you'll have optimal viewing of galaxies that stretch to the very edge of our observable universe."

As I exited the van with a wobbly step or two, I noticed that the elevation definitely had an impact. While that quickly passed, the temperature was another issue. Brown warned us that it had plummeted below freezing. So I zipped my parka and tightened the hood.

Standing at the summit was nothing short of amazing. We were literally on top of the world, at the peak of the tallest mountain on Earth. And as daylight slowly slipped away, the journey grew more spectacular.

Brown recited the roster of observatories. "Those are the Keck twins and that's the Subaru Telescope." Eleven countries currently host 13 telescopes at the summit, some 31,000 feet above the ocean's floor in the world's most isolated area.

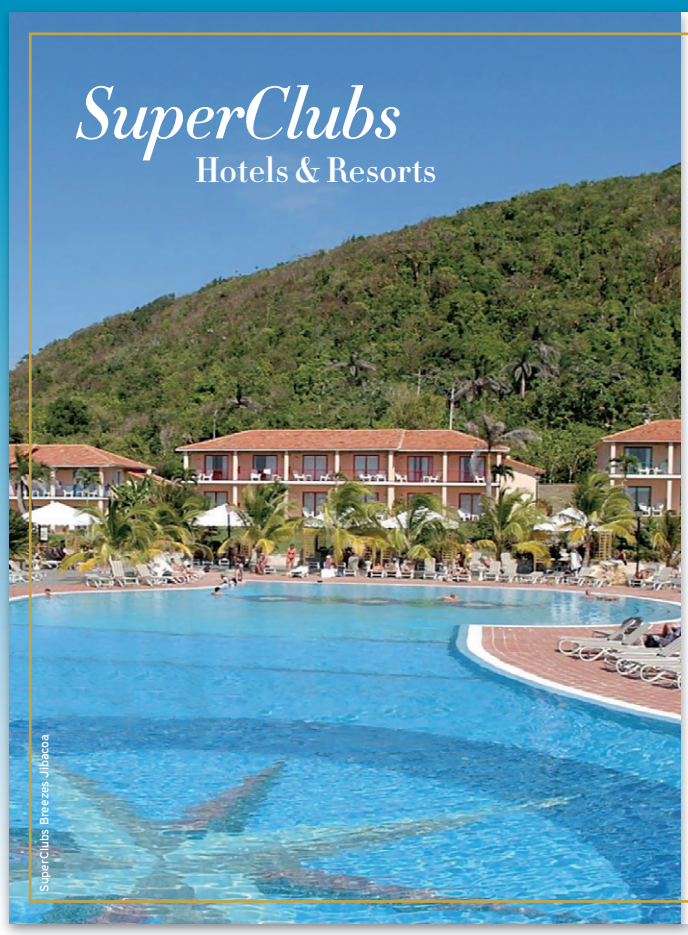
After a stunning sunset, we returned to the Onizuka Center For International Astronomy at the 9,200-foot level. Here, Brown set up a pair of eight inch Celestron Cassegrain telescopes for our star party.

He also used lasers to point out clusters and constellations. Warm in our parkas and with hot chocolate and macadamia nut cookies in hand, we "oohed" and "aahed" at the brilliance of Hawaii's night sky. Far beyond simply viewing the heavens, we were witnessing Earth's place in the cosmos.

After an hour or so, our group agreed that we were seeing things more clearly — connecting the dots, so to speak. We were headed for home as the Southern Cross began to rise — just as Brown had promised. I counted my lucky stars I'd taken this trek.

The eight-hour, 12-person maximum Mauna Kea Summit & Stars Adventure is offered daily for $185 US plus tax, including picnic-style dinner, snack, hot beverages, hooded parka and gloves. Reservations are highly recommended at least one week in advance, as this tour consistently sells out.

AIR CANADA VACATIONS



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Belize's hidden jungle jewels

TheTravelJunkie

Ruins tend to incite the imagination, conjuring up thoughts of ancient civilizations, lost secrets and mystic rituals. That's running through my mind as I stroll through the moss-covered ruins of a major Mayan city, located in the remote jungles of northern Belize near the tiny town of Orange Walk.

Lamanai, located on the banks of the New River Lagoon, goes down as one of the longest-occupied Mayan sites. It was inhabited for over 3,000 years and has some of the oldest ruins in Belize. The name itself means "submerged crocodile," in honour of the toothy reptiles that infest nearby waters.

My guide tells me that, in its heyday, Lamanai was a ceremonial centre, with a population exceeding 35,000. Today it encompasses over 700 structures, a visitor's centre and a museum.

Today only a small percentage of the site is fully excavated, leaving a wealth of archeological findings to discover.

While many associate Mayan ruins with Mexico, neighbouring Belize also played a big part in Mayan civilization. Visitors can visit Lamanai as part of an organized tour, which usually includes a boat trip, admission fee and a well-trained guide.

Wandering around the ruins, I can hear the faint cry of a Howler monkey growling in the distance. It's one of those unmistakable sounds — more like a pained, demonic snarl out of Dante's Inferno than the noise of a territorial primate hanging from a nearby tree. Nevertheless, it adds to the air of mystery.

With the entire place to myself, I visit the Jaguar Temple, a huge crumbling pyramid with intricate carvings. Then to the Mask Temple, named for the 13-foot limestone representation of an ancient Mayan king.

But it's the High Temple that's easily the most impressive structure. "At 108 feet, it's the highest structure in the area," notes the guide.

Climbing to the top of it, however, is harrowing. The steps are narrow and slippery, while the steep incline incites vertigo. I cling to a rope (strategically placed there so dumb tourists like me don't trip and kill themselves) and nervously make my way up this ancient stone Stairmaster.

"Slow and steady," I tell myself, as I huff and puff up the ruins. Tumbling down this flight of steps would be bad for business.

Once at the top, the view makes up for the climb. It's a striking 360 degree panorama of jungle and river lagoon.

As a colourful keel-billed toucan flies overhead and settles in a canopy of rainforest, it hits me — it's no wonder that the Mayans lived here for thousands of years. It's a stunning spot with a killer view, and it showcases the beauty of Belize.

Julia Dimon is co-host of Word Travels, airing on OLN; juliadimon.com.

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Robbins to take action over vote
Tim Robbins is set to take legal action against New York officials after he was nearly denied a vote on U.S. election day, accusing them of publishing his address while trying to "cover" their mistakes. The actor says his name wasn't on the list of voters. **IMDB.COM**

Entertainment

Guest stars
The Hills stars Heidi Montag, left, and Spencer Pratt will guest star on an episode of the CBS sitcom How I Met Your Mother that will air in January. Both will film their segments this week. **PEOPLE.COM**

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

From Aston with love

Becoming **Bond**

Rick McGinnis
rick.mcginnis@metronews.ca

DEAN JORDAN PHOTO

Rick McGinnis behind the wheel of an Aston Martin DBS at Grand Touring Automobiles in Toronto.

There has been a James Bond car as long as there's been a James Bond. While it took three movies for 007 to get handed the keys to his tricked out Aston Martin DB5 with the machine guns and ejector seat, Ian Fleming had a scene in the very first Bond book, Casino Royale, that reads like a stirring treatment for a pulse-pounding movie car chase.

The most heartbreaking moment in the recent movie version of Casino Royale wasn't the death of Bond's true love, Vesper Lynd, but a scene where Bond's Aston Martin DBS V12, the latest successor to the DB5, goes ass-over-teakettle on a deserted road, flipping a record-breaking seven times before coming to a rest in a crumpled heap. I can't help but remember that scene now as I stare at a brand-new DBS sitting in the showroom at Grand Touring Automobiles, the first one I've ever seen in real life.

Dean Jordan has been selling Aston-Martins for years, and recalls doing the auto show circuit the year after James Bond was reunited with Aston Martin when Pierce Brosnan got behind the wheel of a Volante and a Vanquish in Die Another Day. "All the kids know who you are — it's a very good way of advertising you as a company. As a product placement it's brilliant."

The DBS he shows me has been sold, but Dean lets me sit in it, and pops the crystal "key" into the ignition to show off the engine for a brief second, as the showroom fills with a growling animal roar. Like the other 6,500 Aston Martins produced a year, the DBS is completely handmade, a luxury auto built around a race car's guts, and it has the compact closeness of a real sports car, enveloping you in the driver's seat without making you feel cramped. The DBS I'm sitting in — just one of five Dean sells a year — will cost you $300,000 plus taxes, but it won't take car seats, so I tell him that's the deal breaker.

"As Bond hurtled round the bend, caressing the great car against the camber with an easy sway of body and hands, he was working out his plan of action when the distance between the two cars had narrowed still further." This is Bond pursuing Le Chiffre in Casino Royale, though he's not driving an Aston Martin but a Bentley; it's one of the little secrets of Fleming's Bond that his private car is more associated with chauffeured sedans than racing thoroughbreds, but the Bentley name, like Aston Martin, was once a hallmark of the British racing circuit.

Like the Aston Martin, the Bentley is a handmade car, loaded with luxury options, and probably a bit overpowered for most of its buyers. "A lot of the clients who drive them want to drive it because it's a Bentley," says John Koutoulakis, a Bentley salesman at Grand Touring.

If Bond were in the market for a runabout, he tells me, he'd be buying a GT Speed, the souped-up version of their marquee two-door model.

We walk out onto the lot and he opens the door to a silvery white GT, telling me that he'll take the wheel for a few blocks, then let me drive it back. I'm probably blushing when I tell him that I don't have a license — I don't even know how to drive — and he tactfully conceals what I can only call a look of dismay. My quest to become Bond, hobbled as it was, ends in a final, resounding humiliation, but not before I let John open up the engine and lunge gracefully into traffic with me in the passenger seat.

James Bond has licence to thrill overseas

MOVIES The old adage about the movie business being recession-proof was certified — at least for now — over the weekend as the international moviegoers greeted a new James Bond entry well above even the wildest expectations.

Quantum of Solace, the 22nd installment in the 007 saga, pulled in $107.1 million US from 58 markets, lifting the film to a two-weekend total of $161 million following last week's kickoffs in the U.K., France and Sweden. The overseas action augurs well for Friday's domestic blastoff.

With the exception of Turkey, Solace easily took the No. 1 spot in all the markets it played, setting all kinds of new records along the way.

Obama daughters get Hannah invite

TV U.S. President-elect Barack Obama's two young daughters have been invited to appear on popular kids television show Hannah Montana, actor Billy Ray Cyrus said.

Cyrus, the father of Hannah Montana star Miley Cyrus and also an actor on the hit show, said the show had asked Malia, 10, and Sasha Obama, 7, to take part in an episode possibly around April.

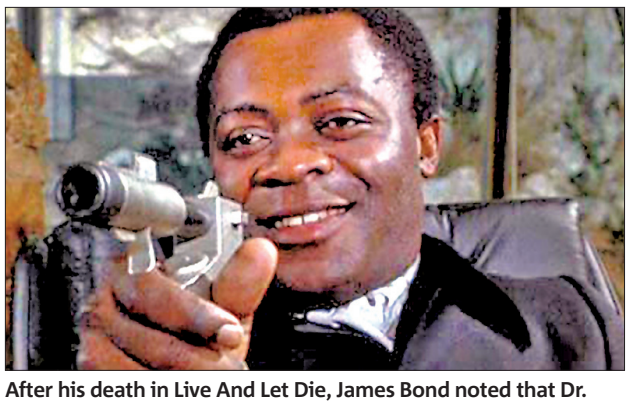
REUTERS

Villains doomed when they cross Bond

BRIAN TOWIE
Metro Canada

Villains always meet their ignominious demise in the James Bond movie series, and their dooms are often followed by a witty quip by Britain's near-invincible superspy.

That said, here's a look at some of the most horrid — and amusing — bad guy deaths in the 007 franchise. We don't mention them all, so return to your Bond collection and peruse these mirth-making murders.



After his death in Live And Let Die, James Bond noted that Dr. Kananga "always did have an inflated opinion of himself."

- **Boris Grishenko (Goldeneye):** This Russian computer expert gets his due for aiding the evil rogue agent Alec Trevelyan when he yells, "I am invincible!" shortly before being frozen solid by a leaking liquid nitrogen tank.
- **Oddjob and the Cuban assassin (Goldfinger):** Two great electrocutions in this film. Before the opening credits, Bond dispatches a Cuban assassin by tossing him into a bathtub, then adding an electric lamp. 007 then quips, "Shocking." During his climatic battle with Oddjob, Bond uses a live wire to channel a lethal current through Oddjob's razor-sharp bowler hat and, consequently, Oddjob.
- **Hugo Drax (Moonraker):** Bond sends Drax, wounded by a poison dart, through a space station airlock and into the cosmos, saying, "Take a giant leap for mankind."
- **Milton Krest (Licence To Kill):** Slimy henchman Krest has a falling out with Sanchez, his druglord boss. Sanchez traps Krest in a high-pressure chamber, where his head inflates and explodes all over a pile of stolen drug money. Licence To Kill was a particularly brutal flick: A henchman gets fed to a shark, another is tossed in a giant drawer full of hungry maggots, and a young Benicio Del Toro is chopped up by a cocaine grinding machine.
- **Elliot Carver's henchman (Tomorrow Never Dies):** An assassin adds some red toner when he's thrown into a printing press. Bond says, "They'll print anything these days."
- **Dr. Kananga (Live And Let Die):** During an underwater fight — involving sharks, of course — Bond feeds the crime lord a capsule of compressed air, causing him to turn into a bursting balloon. The quip: "He always did have an inflated opinion of himself."

Brancato 's father wants him cleared

Former Sopranos actor Lillo Brancato Jr. should be cleared of the murder of a New York police officer because he wasn't carrying a gun when the officer was shot, according to the star's father. **IMDB.COM**

Metro Global Photo Challenge 2008

"When I take a picture I want to project the essence of the moment that an untrained eye fails to capture, the everyday art and beauty obscure to a regular eye and the perspective that evokes emotions."
Steve Tunzi, Toronto

Toronto Breaks

"His red shirt caught my eye and the late-afternoon sun made everything sparkle ... I was trying to capture the colour, solitude and hard work of a gentleman and his urban jungle."
Dave Cheresna, Toronto

Keep Off My Lawn

Metro's Global Photo Challenge has drawn 3,890 entries from Toronto, Ottawa, Vancouver, Calgary, Edmonton and Halifax, and 55,389 international entries. The Top 10 photos are on display at the CN Tower until Nov. 16. Vote for your favourite shot online at **metronews.ca/photochallenge** until Nov. 23. An international jury will judge the Top 5 photos, and the winner will receive a Nikon D700 DSLR and Nikon 24-70mm F2.8 zoom lens. The photos above are details of the entries. Visit the website to see the full image.

Superheroes to battle for awards

AWARDS Superheroes Batman and Iron Man, and adventurer Indiana Jones, will battle for top film honors at the upcoming People's Choice Awards which annually bestows honors on favorite celebrities in film, TV and music.

Among nominees named on Monday for People's Choice Awards was pop star Britney Spears who earned a nod as a "scene stealing" guest star on television but was shut out of music categories.

The People's Choice Awards, which will be given out on Jan. 7, are one of Hollywood's earliest shows in its season of honors leading to the Oscars, the film industry's top prizes. **REUTERS**

And the sex survey says...

The J Spot
Josey Vogels

Sex talk with Josey

According to a recent survey, when faced with the issue of erectile dysfunction, only 43 per cent of Canadian couples said they talked to their partner about the issue, 12 per cent said they talked to their physician and 27 per cent said they didn't talk to anyone.

We may be unable to share our most intimate sexual secrets with our partners, but we seem more than willing to expose ourselves publicly.

In the last week alone, I discovered that one in four women would date a man 15 years older, 80 per cent of married couples in America occasionally sleep apart because of snoring and that, given the choice between an extra hour of sleep or an extra hour of sex, most Canadian men want the sex and women want the sleep.

Recent research also revealed that the average woman spends three times more time with her computer every day than she spends with her significant other, most overweight American women have more sex than their skinny counterparts, redhead college girls are eight per cent more likely to have a threesome than blond or brunette college girls, students with tattoos prefer missionary position over cowgirl, and vegetarians enjoy giving oral sex 2.5 times more than carnivores. Who knew?

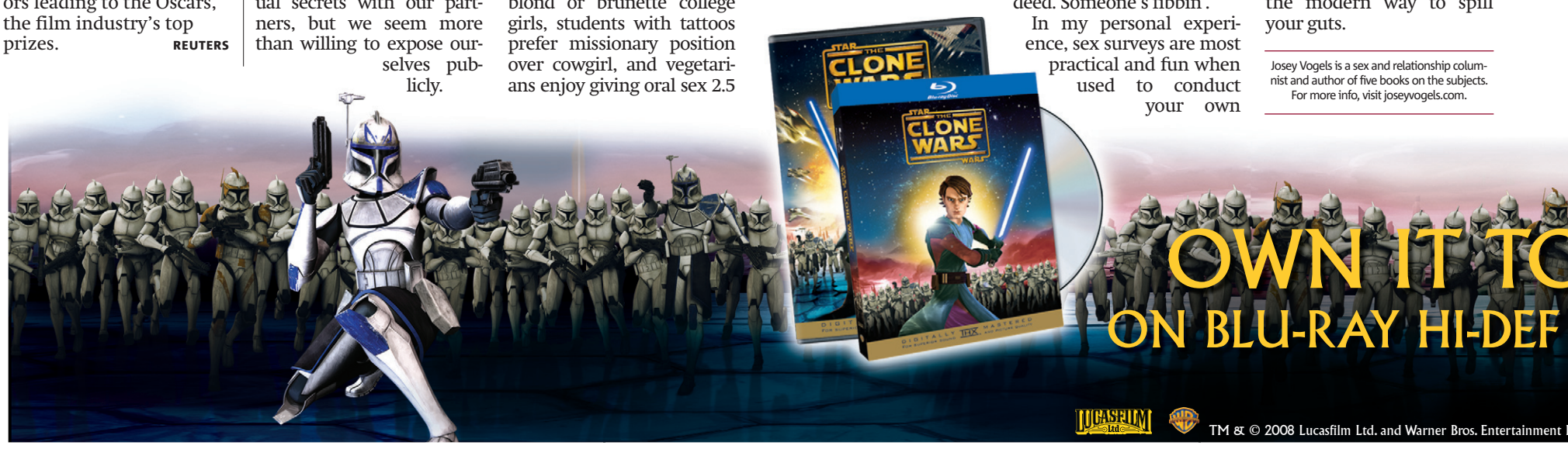
Given the uselessness of much of this information, why the obsession with everybody else's sex lives? I suspect it's our way of seeing if we're keeping up with the Joneses, exercising our voyeuristic tendencies ("I just wanna peek at what the Joneses are doing"), and gauging whether or not we are sexually "normal."

The big problem with all of this inquisitiveness, of course, is that honesty and sex go together like Vaseline and latex. We lie about it, brag about it, or, at best, are seriously deluded. To wit: In one survey, 31 per cent of men who live with a woman said their partner usually or always performs oral sex while only 15 per cent of the women said they always or usually do the deed. Someone's fibbin'.

In my personal experience, sex surveys are most practical and fun when used to conduct your own private bedroom poll. Having a hard time getting your partner to communicate about sex? Survey them. It's the modern way to spill your guts.

Honesty and sex go together like Vaseline and latex, Josey says.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.



Polanski to be honoured in Italy
Roman Polanski will be honoured at this month's Turin Film Festival in Italy. The Nov. 21-29 event will feature a full retrospective of the Oscar-winning filmmaker. IMDB.COM

Every day is Halloween

Heavy metal rockers Lordi now touring fifth album Deadache

BRIAN TOWIE
for Metro Canada

Lordi's trying to extend the Halloween season a little bit longer by putting the balls back into rock and roll.

The heavy metal rockers are currently re-introducing themselves to North American audiences following the release of fifth album Deadache, touring with Type O Negative in the U.S. and recently appearing on Conan O'Brien (last Thursday).

The ironic hard rock camp isn't lost on fans. Infectious tunes with titles such as Manskin Boots and Bite It Like A Bulldog — a single where the band has invited fans to create and submit their own videos — evoke chuckles from listeners before they find themselves pumping their fists.

"We're freaks," says guitarist Amen. "We're actually surprised that not too many people have thought of the 'monsters on stage' thing before. It's really something. So far the tour has been going well, though a couple of the places we've been to and we're going to won't allow our pyros. We're a little disappointed by that, but we hope the audiences will still have a good time."

"We're freaks," guitarist Amen says of his fellow Lordi band members.

Taking a page out of Kiss' playbook, the headbangers have made a name for themselves in Europe by rocking out in demonic outfits set to spectacular pyrotechnics at live gigs, the most notable instance being at the 2006 Eurovision song contest in Athens. Representing their native Finland — amid much protesting of religious leaders in that country and Greece, who called their music satanic — Lordi blew the roof off the relatively austere ceremonies by unleashing their "arockalypse" on an unsuspecting audience, handily winning that year's contest and propelling them to stardom.

A year later, Lordi joined heavy-metal aristocrat Ozzy Osbourne on the 2007 Ozzfest tour in the U.S. — an unpaid sojourn that saw the band booed offstage at some gigs and losing their bus to a highjacking.

"It takes a lot of money to do those costumes. But we love it."
Lordi guitarist Amen

"He never gave us any pointers or anything, but it was great to tour with someone who bit the head off of a bat," Amen says of Osbourne. "He's a great guy."

Lordi soldiers on despite their rotten financial luck. The band's front company, Lordi Enterprises, is hemorrhaging money after an unsuccessful horror movie and soft drink line. Amen isn't worried for the future, but does admit it's no cakewalk to perform their live act given their debts.

"We've learned that it's very expensive to do a movie," he laughs. "And it takes a lot of money to do those costumes. But we love it. For us, every day is Halloween."

Canadians impress dance show judge Murphy

When Mary Murphy raves about our Canadian dancers, she's not just blowing smoke up our tutus.

The vocally volatile So You Think You Can Dance diva — her banshee screech has been clocked at a decibel level roughly equivalent to a small jet engine — is part of the judging panel of the choreographic competition's hit Canadian incarnation.

And "hit" is in this case almost an understatement. CTV recently announced that So You Think You Can Dance Canada is now the No. 1 rated show in the country, an unprecedented accomplishment in this season of highly hyped, back-to-back network premieres, averaging 1.36 million for the Wednesday-night performance shows.

"The talent you have in this country ... I just can't believe it!"
Mary Murphy, So You Think You Can Dance Canada judge

"The talent you have in this country ... I just can't believe it!" Murphy gushes. "Even at the auditions, the level was so incredibly high. I'm amazed at what they've been able to do here, and it's only the first year."

It was, she reveals, a different story four seasons ago, when the American show announced its own inaugural auditions.

Of course, they did not have the benefit then of their own eventual international success.

"We did have trouble finding dancers," acknowledges Murphy. "There was this perception that we were just another one of those `reality' shows and not a legitimate talent competition."

"It was pretty rough going that first year. It took us a while to figure out what worked and what didn't."

The Canadian show, she enthuses, already had all this and more going for it "right out of the box."

TORSTAR NEWS SERVICE

Mary Murphy

Album release dates move up

Ludacris

MUSIC New albums by the Killers, Ludacris and Kanye West will be released a day earlier than planned, on Monday Nov. 24, to capitalize on the U.S. Thanksgiving shopping weekend, their Island Def Jam label said. Each project has already spawned a hit. The Killers' Human, drawn from the album Day & Age, is No. 6 on Billboard's Modern Rock chart.

Ludacris' One More Drink co-starring T-Pain is No. 34 on Hot R&B/Hip-Hop Songs; it comes from Theater of the Mind.

Rushdie, Mehta collaborate

FILM Canadian director Deepa Mehta is collaborating with Salman Rushdie on a big-screen adaption of the author's 1981 historical novel Midnight's Children.

The book, which earned Rushdie Britain's prestigious Booker literary prize, portrays the history of India from 1910 to a declared state of emergency in 1976. The story is narrated by a young man born on the stroke of midnight Aug. 15, 1947, the day India won independence from Britain.

REUTERS

In brief

LITERATURE Toronto-raised author Joseph Boyden was awarded the Giller Prize last night at a televised gala in his hometown. Boyden won the award, the richest in Canada for fiction, for his second novel, Through Black Spruce. Rawi Hage, Marina Endicott, Mary Swan and Anthony De Sa were also on the shortlist for the $50,000 prize.

METRO NEWS SERVICES

Fox's wife to make appearance

Actor Michael J. Fox's wife, Tracy Pollan, has been tapped to appear in a three-episode arc during Medium's upcoming fifth season. EW.COM

Theatres missed out on biopic

RICK MCGINNIS
Metro Canada

Anyone who knew the band probably would have laughed at you if you said that one day, there would be a Hollywood biopic of The Germs, with a big TV star living out his dream to play the band's lead singer, Darby Crash.

That film, What We Do Is Secret, arrives on DVD this week after a very brief theatrical run, an example of the sorts of films that are finding the better part of their commercial life away from the theatres, and a labour of love for its director and star.

Lorna Doom was Terri Ryan when she met Darby Crash in high school, and was renamed in typical punk style when they formed the band and recorded Forming, one of the most gleefully incompetent punk rock singles ever released.

The band got better, and managed to be wildly influential despite getting banned from every rock club in Los Angeles before Crash overdosed himself the night before John Lennon was shot.

"If he hadn't have done it when he did it he probably would have done it a few years later," Lorna tells me, recalling her friend, who's played by E.R.'s Shane West in the film. "Unless we had become massively successful, but that wasn't an option."

Director Rodger Grossman started planning the film after leaving film school, over a decade ago, getting Doom and band mates Pat Smear (Nirvana, Foo Fighters) and Don Bolles on board to consult, before West signed on and helped get the film's tiny budget financed.

West is a rabid fan of The Germs, and has even taken the singer's place in a reformed Germs since filming was completed.

There are a lot of films like What We Do Is Secret – decent, watchable products of real inspiration and that probably never stood a chance of release in the ever-tightening theatrical market of blockbusters, multiplexes and "tent pole films".

The movie industry seems to have created a yawning gulf between major releases and cult films, which includes practically everything else, most of which only gets a real shot at an audience on DVD.

"I think it's the people who were around during the time, and people who were curious and missed the scene," says Lorna.

"It's kind of like our audience. People who want to see where punk rock began."

PHOTO COURTESY OF AMPR

What We Do Is Secret will be released on DVD this week.

Actor's dedication

- E.R. actor Shane West went to great lengths plays Darby Crash in the film.
- A toddler when Crash died, West went to great lengths to portray the musician, getting Crash's tattoo, as well as altering his teeth to replicate Crash.

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Armstrong returning to Dirty Sexy Money
An ABC spokesperson confirms that Samaire Armstrong will be returning to Dirty Sexy Money for a special Thanksgiving-themed episode to air on Nov. 26. **EW.COM**

The Shield has some loyal viewers

IntelleVision

rick.mcginnis@metronews.ca

THAT'S WHAT DVD BOX SETS ARE FOR: I've made a point of insisting since I began writing this column four and a half years ago that I watch as little TV as possible. Readers — and even friends — have told me that they envy my luxurious life, lounging around watching TV all day; far from it, I have far too much else going on (writing features, raising kids, pretending to be James Bond) to waste it vegging out in front of the tube like some depressed jobless grad with an arts B.A.

And frankly, I think it would harder to write this column — and a lot less fun to read it — if I did it from a position of being held hostage to a host of fave shows and compulsive nightly surfing up and down the dial, which would inevitably feel like the aesthetic equivalent of Stockholm Syndrome. There's a lot to watch on TV these days, and I can only imagine how much easier it would have been to do this job in 1973. A conscientious columnist would be obliged to watch as much crap as quality, and if there's one thing I'm not it's a conscientious TV columnist.

One unfortunate side effect is that I miss a lot of good shows, and readers frequently write in to bug me about it. One of those shows is The Shield, the FX cop drama starring Michael Chiklis that's nearing the end of its seventh and final season. It has a large and loyal audience that regard it as on a creative par with The Sopranos, Deadwood and Mad Men, and they've frequently asked — in sometimes unkind language — why I've ignored it for so long.

I can tell you why, and this paragraph from a Salon.com story on the show's coming finale pretty much sums it up: "There are so many different chess pieces in play at this point, sometimes it's tough to keep up. Mackey is manipulating his longtime enemy, councilman David Aceveda (Benito Martinez), his ex-wife, Corinne (Cathy Cahlin Ryan), FBI agent Olivia Murray (Laurie Holden), the Mexican drug cartel, fellow Strike Team loyalist Ronnie (David Rees Snell), his former boss detective Claudette Wyms (CCH Pounder) — the list goes on and on. But Mackey is so good at what he does — double-dealing, backtracking, using whatever he can as leverage against anyone with any power, rethinking his plan, recalibrating his approach."

There is, let's be honest, no way I'm going to cut through that thicket of backstory and exposition and appreciate what's going on as the show heads for the bloody climax that many of us (mistakenly) predicted for The Sopranos. It took a Herculean effort to get up to speed with the last two seasons of The Sopranos, and now that the deluxe complete box set of the HBO show is coming out, I can finally go back and enjoy the early seasons that I missed because a) I wasn't writing a TV column and b) I wasn't watching much TV, which is sort of where I came in, here. That said, I'm looking forward to a bricklike box set of The Shield at some point in the near future which will let me agree, quietly and in the dark of some sleepless night, that my readers were right.

Rick McGinnis writes about music, movies, books and television, but not opera.

GlobalStyle

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CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
11/12/08 primetime	267	351 -	ACCESS	Help TV		Smallville "Abyss" (N)		*About a Boy* ★★★ (2002, Comedy-Drama) Hugh Grant.			Help TV
	243	317 3	CFCN	etalk (N)	Hollywood	You Can Dance		CSI: NY "Dead Inside"		Criminal Minds (N)	News (N)
	-	- 4	BROAD	(4) Broadcast News News.		Broadcast News News.					
	-	371 5	KXLY	4 News at 6	4 News at 6:30	Entertainment	Red Carpet	The 42nd Annual CMA Awards (HDTV)			
	245	306 6	CBRT	Coronation St.	Jeopardy! (N)	Little Mosque	Sophie (HDTV)	CBC News: the fifth estate		CBC News: The National	The Hour
	244	338 7	CICT	ET Canada	Entertainment	The Guard (N)		Bones (HDTV PA) (N)		House (HDTV)	News Hour
	246	- 8	CKAL	Law & Order: SVU		I Love Money		The 42nd Annual CMA Awards (HDTV)			
	119	705 9	CBXFT	Virginie (SC)	L'Épicerie	Le Match des étoiles (N) (SC)		M pour musique (N) (SC)		Le Téléjournal (N) (SC)	TJ Alberta
	-	- 10	SHAW	(6) Local Programming						Local Programming	
	-	372 12	KREM	News (N)	Hollywood	The Doctors (N)		Old Christine	Gary Unmarr	Criminal Minds (N)	CSI: NY
	-	374 14	KSPS	NewsHour With Jim Lehrer		Monarchy: The Royal Family at Work (HDTV) (N) (DVS)				Torturing Democracy	
	502	390 15	CBC	CBC News: The National		The Human Spider (N)		CBC News: The National		CBC News: The National	Human Spider
	-	370 16	KHQ	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Knight Rider (HDTV) (N)		Life "Black Friday" (N)	Law & Order
	-	373 22	KAYU	The Simpsons	The Simpsons	Two/Half Men	Two/Half Men	Bones (HDTV PA) (N)		House (HDTV)	News (N)
	297	652 37	WPIX	Stylista (N)		CW11 News at Ten (N)		Two/Half Men	Friends	Sex and-City	Will & Grace	According-Jim
news	500	500 29	CNN	Larry King Live		Anderson Cooper 360 (HDTV)				Larry King Live	Cooper 360
	508	502 31	CNN2	Lou Dobbs Tonight		Nancy Grace		Showbiz Tonight		Lou Dobbs Tonight	Nancy Grace
sports	400	400 21	TSN	Hall of Fame	NHL Pregame	NHL Hockey Colorado Avalanche at Vancouver Canucks. (HDTV) (Live)				SportsCentre	Motoring 2008
	408	418 27	net	Darts World Premier League.				Hockey Central	Flames Week	Sportsnet Connected (Live)	Ult. Fighter
	410	403 30	SCORE	Basketball	Score Tonight	Score Tonight		Hardcore Hockey Talk		Final Score	Final Score	Sports Rage
	411	457 44	OLN	Ed's Up	Adventures	Word Travels	Globe Guides	Pilot Guides		Don't Forget Your Passport		Ed's Up
	417	406 48	SPEED	Pinks	Pinks Outtakes	Wrecked	Wrecked	Pinks (HDTV)	Pass Time	Am. Thunder	Am. Thunder	Pinks
family	552	543 20	YTV	Drake & Josh	iCarly	Malcolm-Mid.	Home Improve.	Malcolm-Mid.	Fresh Prince	Futurama	Prank Patrol	Mystery Hnt.
	557	541 39	FAM	Zoey 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School
	555	545 67	TOON	6teen	Total Drama	George-Jungle	Bugs Bunny & Tweety Show		Wayside	Johnny Test	Futurama	The Critic
cable variety	575	583 11	CMT	Reba	Reba	Hope & Faith	Hope & Faith	Ult. Coyote Ugly Search		Home Improve.	Home Improve.	Reba
	553	546 17	TREE	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren. Bears	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	-	- 18	CHTV	The Insider (N)	E! News	Knight Rider (HDTV) (N)		Hulk Hogan & Family: The E! THS			The Soup	News (N)
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	602	568 23	W	House	Style by Jury	Will & Grace	Friends	Grocery Bag	Maxed Out	Supersize vs. Superskinny		Got the Look
	521	560 24	TLC	Jon & Kate	Jon & Kate	Purity Balls (HDTV)		Jon & Kate Plus 8		Jon & Kate	Jon & Kate	Purity Balls
	603	561 25	FOOD	Iron Chef America		Top Chef "Melting Pot" (N)			Dinner Imposs.	Challenge		Iron Chef Am.
	615	520 26	A&E	Bounty Hunter	Bounty Hunter	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Bounty Hunter	Bounty Hunter	Bounty Hunter
	617	522 32	SHOW	EastEnders	Saxondale	Kink in Hair	Kink in Hair	Durham County		Billable Hours	G-Spot	Starter Wife
	601	562 33	SLICE	Work Out		Real Housewives of NYC		Last 10	Bulging Brides	Work Out		Housewives
	-	633 34	ENC2	*Dog Park* ★★	(7:25) *The Lonely Guy* ★★ (1984, Comedy)			*Roxanne* ★★★ (1987, Romance-Comedy)			*Joe Versus the Volcano (1990)*	
	520	505 35	DISC	Monster Moves		Mayday "Out of Sight"		Daily Planet		MythBusters		Cash Cab
	620	523 36	BRAVO	Wingfield	Letters	Arts & Minds	The Achievers	Law & Order "Empire"		Without a Trace		Signif. Others
	294	650 40	WPCH	(6) *The Bourne Supremacy*		Steve Harvey	Family Guy	Family Guy	Seinfeld	*The Bourne Supremacy* (2004, Suspense)		
	626	547 41	COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	House Party
	-	539 42	TCM	(6) *Pat and Mike* (DVS)		*Strangers on a Train* ★★★★ (1951, Suspense), Ruth Roman				*Hard, Fast and Beautiful* ★★ (1951, Drama)		
	628	584 43	SPIKE	UFC Unleashed (N)		The Ultimate Fighter (N)		The Ultimate Fighter (HDTV)		CSI: NY (HDTV)		Trek: Voyager
	522	516 45	HIST	Bloody Normandy		NCIS "Heart Break"		Finding the Fallen		Finding the Fallen		NCIS
	627	528 46	SPACE	Battlestar Galactica		Ghost Hunters International (N)		Stargate SG-1 (DVS)		Lost "One of Them"		Deep Space 9
	-	- 47	AMC	(6) *Heartbreak Ridge* ★★ (1986, War)				*The Gauntlet* ★★ (1977, Crime Drama) Clint Eastwood, Sondra Locke.				*The Octagon*
	619	525 49	TROP	Reality	Ad Persuasion	Beverly Hills, 90210		Reality	What Happen?	Family Guy	Seinfeld	Seinfeld
	600	564 50	HGTV	Property Virgin	Unsellable	Million Dollar Listing		Holmes on Homes		Mansions	The Stagers	Property Virgin
	501	391 52	CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	504	508 70	BNN	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play
	526	507 92	VIVA	The West Wing		Mediums	Psychic Detect	Mediums	Encounters	Judging Amy		Commander
	269	350 93	APTN	APTN National News: Contact		The Gift of Diabetes		Canadian Geographic		Tribal Treks	Guides	Wings-Canada
	-	- 94	MCP	(6:30) News	News	Matchmaker	Mom's-Upset	Van. Nights	Iranian Pop	Sabor Latino		Hola Que Tal
	571	581 100	MMM	Revival	Where You At	Fabulous Life Of...		Party of Five		Fabulous Life Of...		Party of Five
	570	580 101	MM	Punk'd	Punk'd	Degrassi: Next	Degrassi: Next	PunchMuch		50 Cent: Money and Power		disBand
	581	566 102	MTV	Real World-Road Rules		Real World-Road Rules		MTV Live	After	Man and Wife	Super Sweet	Real World-Rd

critics'corner

CSI: NY
Finding a nice place to live in the New York metropolitan area can be a challenge. Just ask the CSIs. This week, they investigate the brutal murder of a house relocator who was found dead inside an old Victorian that was being barged from Staten Island to the Upper East Side. The crime leads them to the world of "Secret U," an art-house world of true confessionals where 20-somethings divulge their darkest secrets, with deadly results. 11 PM on KREM

The 42nd Annual CMA Awards
Oh, my God, they nominated Kenny! And nominated him again! Kenny Chesney is the man to beat at this year's awards honoring country music's best. He's got seven nominations, including entertainer of the year and single of the year for "Don't Blink." He's scheduled to perform on the show as well, along with, among others, Alan Jackson, Taylor Swift and the duo Sugarland, who's right behind him with six nominations. Brad Paisley and Carrie Underwood host. 9 PM on CKAL KXLY

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McCartney's daughter to sing in Shrek 4
Sir Paul McCartney's five-year-old daughter is to sing in the new Shrek 4 movie. The music legend is voicing a character and writing a song for the latest instalment in the hit animated franchise. FEMALEFIRST.CO.UK

Celebrity Buzz

Richards admires Madonna's energy

PEOPLE Denise Richards says seeing 50-year-old Madonna perform her Sticky & Sweet tour over the weekend was "amazing," usmagazine.com reports.

"You feel lazy watching her because you gotta get off your butt and just work," the actress said.

Richards added that the singer (who recently announced her divorce from Guy Ritchie) "is really an inspiration for everyone."

Meanwhile, Richards said she can't wait to get behind the camera to film the second season of her E! reality show It's Complicated.

"You know, there's not much to tell. We start filming in January, and we're all very excited to start up again," Richards said. "As my life changes, Season 2 will be different because different things happen, and it's a reality show."

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GETTY IMAGES PHOTOS

Washington criticizes Grey's

CONTROVERSY Former Grey's Anatomy star Isaiah Washington, who was axed from the show in 2007 after spewing a homophobic slur at T.R. Knight , is slamming the show for firing Brooke Smith, usmagazine.com reports.

"I looked at a brilliant actress, whom I have adored since I first saw her in Silence of the Lambs," he says in the Nov. 17 issue of TV Guide. "For her to be treated this way, I find very interesting."

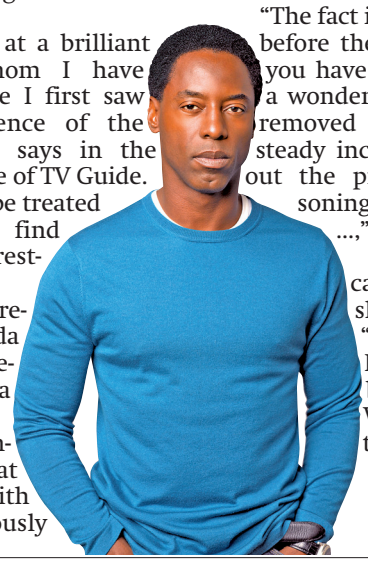
Grey's creator Shonda Rhimes released a statement last week insisting that "Brooke Smith was obviously not fired for playing a lesbian .... we did not find that the magic and chemistry with Brooke's character would sustain in the long run."

Regardless, Washington says the move was harsh.

"The fact is that, just before the holidays, you have a mother, a wonderful actress removed from a steady income without the proper reasoning behind it ...," he says.

So what can the show do? "Bring Burke back!" Washington says.

METRO NEWS SERVICES



Beyoncé inherits style from mom

FASHION Beyoncé's sense of style comes from a source close to home — her mother Tina, who owned a hair salon and taught the young Beyoncé how to dress well and save money, People.com reports.

"She'd get us little jackets and we'd go to an art supply store and we'd get stones and glitter and we'd personalize a lot of our clothes," Beyoncé, 27, said in an interview in the premiere issue of The New York Observer Style.

"She taught me the importance of looking good and feeling good, but also that beauty comes from within, because it fades."

METRO NEWS SERVICES

FameThrower

Joe O'Neill

Joe's take on celebrities

We all have to take our inspiration from somewhere, and apparently **Denise Richards** is taking hers from a really sinewy and annoying woman who stalks around on stage shrieking, wearing huge platform boots and pretending to play the guitar. And I'm not talking about **Avril Lavigne**, I'm talking about **Madonna**. When it comes to women who inspire, I'm afraid **Mother Teresa** just wasn't quite fabulous enough.

So I suppose we should all wish Richards luck with that whole pumping iron, taking steroids, embracing a dubious belief system and turning into a man thing, and on the shooting of the second season of her reality show, It's Complicated. The show isn't actually that complicated, but it has managed to make television critics unanimously put forth the name of the inventor of the fast-forward button for sainthood. I mean, how many ways can anyone think of to communicate the idea that **Charlie Sheen** was a bad husband and father? Even Charlie Sheen doesn't argue that point. Watching It's Complicated actually fills you with a sense that Denise is doing the impossible and besmirching the name "reality show." It really should be called an "inanity show."

NEWSDESK@METRONEWS.CA

Halliwell breaks up with boyfriend

RELATIONSHIPS Former Spice Girl Geri Halliwell has dumped her boyfriend Ivan "Flipz" Velez over the phone, femalefirst.co.uk reports.

Halliwell reportedly called the backing dancer three weeks ago to tell him she was ending their six-month romance.

"She called 'Flipz' when she returned to the U.K. from Los Angeles and confessed that things just weren't working for her," a source said.

"Geri said she'd hoped it would be an amazing love-of-her-life romance, but that the spark just wasn't there."

METRO NEWS SERVICES

Craig is ready to purchase house

PEOPLE "Daniel Craig is planning to buy a permanent home because he is so fed up of living out of a suitcase, imdb.com reports.

The James Bond star has been staying in hotels for the past two years due to his hectic work schedule.

But Craig now feels the time is right to set up a base.

"I just haven't had the time to buy anywhere," Craig says. "I'm hoping to get somewhere more solid this year."

METRO NEWS SERVICES

Winehouse fed up?

RELATIONSHIPS Amy Winehouse is reportedly at "breaking point" over her husband's friendship with another woman, femalefirst.co.uk reports.

The singer, who hasn't seen Blake Fielder-Civil since his release from prison last week, is said to be devastated after discovering he told Sophie Schandorff he was leaving jail early to enter a rehabilitation clinic before he broke the news to her.

"When Amy found out Blake had been in contact with Sophie it was the final straw," a source close to Winehouse told Britain's The Sun newspaper. "Amy hasn't visited him in rehab and is refusing to take his calls. It looks like it's over but we've been here before. He's talked her round plenty of times before."

Fielder-Civil is apparently convinced his year-long marriage is in good shape.

"We'll be together for the rest of our lives," he said. "She hasn't dumped me. We both love each other and will be together forever. We have spoken on the phone and I'm expecting a visit from her any time now. We can't wait to be back together."

METRO NEWS SERVICES

Is Bloom ready to settle down?

MARRIAGE Actor Orlando Bloom and his supermodel girlfriend Miranda Kerr are reportedly making plans to marry, femalefirst.co.uk reports.

"They are talking about settling down and getting married in a year," a source told Star magazine. "They have had a bit of a crazy year, but they do love each other and she wants to be his wife."

Kerr has been spotted wearing a collection of expensive jewelry, most of which had reportedly been bought for her by Bloom.

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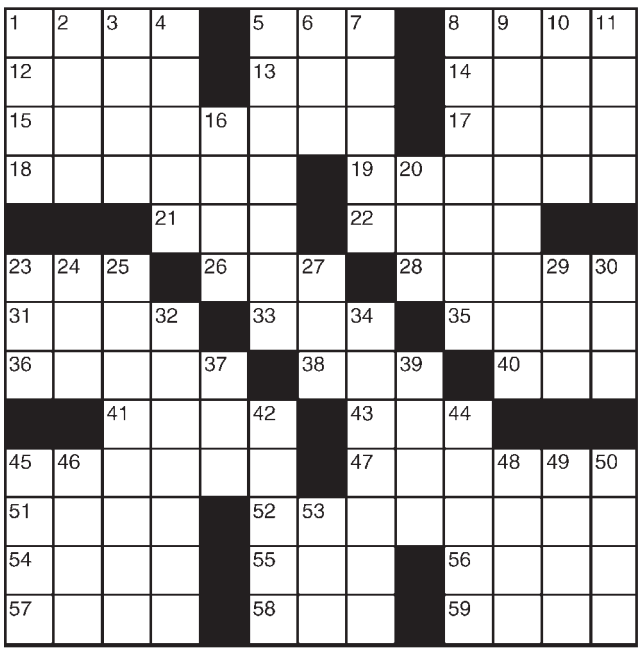

Crossword across

1 Secure place for valuables
5 Hair-salon application
8 Celeb
12 PC picture
13 Bullring bravo
14 You
15 Misled
17 Cupid's alias
18 Appeared to be
19 Show-biz skill
21 "Of course"
22 Unrivaled
23 Pretense
26 Cauldron
28 Suburbanites' pride
31 Wonka's creator
33 Japanese theater
35 Racetrack boundary
36 Fat-shunning Jack
38 Boxer
40 "Yippee!"
41 Physical
43 Affirmative action?
45 Clyde's partner
47 Envisioned, in a way
51 Lotion additive
52 Grain machine
54 Frees (of)
55 "Norma —"
56 Gambling game
57 Santa's sackful
58 Antiquated
59 Pornography

Crossword down

1 Perches
2 Rue the workout
3 Golfer's warning
4 Adversary
5 Mark of game-show fame
6 Sprite
7 Some turns
8 Outstanding
9 Trilateral
10 A billion years (Var.)
11 Whatever's left over
16 Sob
20 "You've got mail" co.
23 Billboards
24 Upper limit
25 Elegy
27 Surpass
29 Peeples or Vardalos
30 Crafty
32 Negligence
34 Ten times ten
37 Skater Babilonia
39 Cheney predecessor
42 Paris subway
44 Classroom array
45 Homer's son
46 Medley
48 Throat-clearing sound
49 Options list
50 Jog
53 "2001" computer

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		4	2	6		8		7
3		2	4					5
	7							
5		8			7			
		6				2		
			9			5		3
							8	
6					1	3		2
4		1		3	9	7		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

O	W	N			A	S	S		H	O	A	R		
M	A	I	L		R	E	C		I	N	C	H		
I	S	L	E		M	A	R		G	O	T	O		
T	H	E	F	T		M	E	S	H					
			T	O	W		W	I	S	E	U	P		
P	A	J	A	M	A	S		L	A	P	S	E		
U	P	O	N		G	E	M		N	E	S	T		
M	E	L	D	S		W	O	N	D	E	R	S		
A	S	T	R	O	S		P	A	L					
			I	S	I	S		G	O	N	Z	O		
B	E	R	G		T	O	P		W	O	O	D		
U	T	A	H		U	S	A		S	A	N	D		
R	A	N	T		P	O	D		H	E	S			

1	9	5	4	7	6	3	2	8
4	3	8	9	2	1	5	6	7
6	2	7	5	3	8	9	4	1
7	1	4	6	9	3	2	8	5
3	5	6	2	8	4	1	7	9
9	8	2	1	5	7	6	3	4
8	7	1	3	6	9	4	5	2
2	6	9	8	4	5	7	1	3
5	4	3	7	1	2	8	9	6

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Stir-Fried Beef with Mango

INGREDIENTS:
14 oz (400 g) lean steak, trimmed of fat
3 garlic cloves, minced
1 tsp (5 mL) sugar
2 tsp (10 mL) soy sauce
1 1/2 tbsp (20 mL) sunflower oil

GINGER AND HONEY DRESSING:
2 tsp (10 mL) paprika
1/2 tsp (2 mL) cayenne
1 1/2 tbsp (20 mL) honey
1 inch (2.5 cm) piece of fresh ginger, peeled and grated
4 tbsp (60 mL) rice vinegar or apple cider vinegar
Juice of 1 lime

SALAD:
1 mango, peeled and cut into strips
2 plums, sliced
1/2 medium red cabbage, shredded
2 oz (60 g) watercress leaves
1/2 cucumber, cut into matchsticks
1/2 red pepper, seeded and cut into thin strips
3 scallions, sliced diagonally
1 1/2 oz (45 mL) mixed fresh mint and cilantro
2 tbsp (25 mL) coarsely chopped roasted unsalted peanuts

METHOD:
1. For dressing, put paprika, cayenne, honey, ginger and vinegar in a saucepan over medium heat. Slowly add 1 cup (250 mL) water, stirring, and bring to a boil. Reduce heat and simmer 5 minutes. Remove from heat and stir in lime juice; set aside.
2. Combine salad ingredients, except peanuts, in a large serving dish and toss gently; set aside.
3. Cut steak into thin strips and put in a bowl with garlic, sugar and soy sauce. Mix to season strips. Heat nonstick skillet over high heat. Add oil and beef. Stir-fry until strips are evenly brown and cooked to taste, about 3 minutes.
4. Spoon beef over salad. Drizzle dressing over and sprinkle with peanuts.

SERVES 4

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For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
A doubtful contender makes a move forward. Compatible people will melt away emotional blocks. Relationships with neighbours will interest you.

TAURUS
APRIL 21-MAY 21
People will accuse you of overdoing things. You'll see profound changes going on. Someone will need to kiss and tell about it.

GEMINI
MAY 22-JUNE 21
Cunning and eagerness is found among peers. You'll get somebody's back up. Prepare to stand your ground.

CANCER
JUNE 22-JULY 22
A social group takes over and gets special treatment. Observe co-workers to see who is going wrong. Memory loss will give some relief.

LEO
JULY 23-AUG 23
An impressive event will cost big bucks. A melodramatic person will be frowned upon. A peculiar associate is on pins and needles.

VIRGO
AUG 24-SEPT 22
A messenger will mess up. An idealist's heartbreak causes weepiness. A supporter has regrets due to amnesia.

LIBRA
SEPT 23-OCT 23
Think seriously about what you should be doing. A man comments on your expectations. Someone will ask to borrow money.

SCORPIO
OCT 24-NOV 22
A cynical person ends a scheme. A former foe is still shaky after what you did. A nuisance must be stopped.

SAGITTARIUS
NOV 23-DEC 21
A passionate person's difficult behaviour is justified. A strange demonstration will shock you. A negative reply causes a standoff.

CAPRICORN
DEC 22-JAN 20
Provide relief when it's expected. Restrain your temper with disorderly people. The game is over for an old-fashioned guy.

AQUARIUS
JAN 21-FEB 18
A get-together will change your life for the better. You must be determined to succeed. A dilemma is followed by a turnover.

PISCES
FEB 19-MARCH 20
A banking problem makes someone anxious. You should quit while you're ahead. Meetings with progressive people will take place.

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